



Europäische Union + Vereinigtes Königreich



Regional report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/region/european-union-uk-1/>.

Adipositasprävalenz

Erwachsene



Umfragetyp:

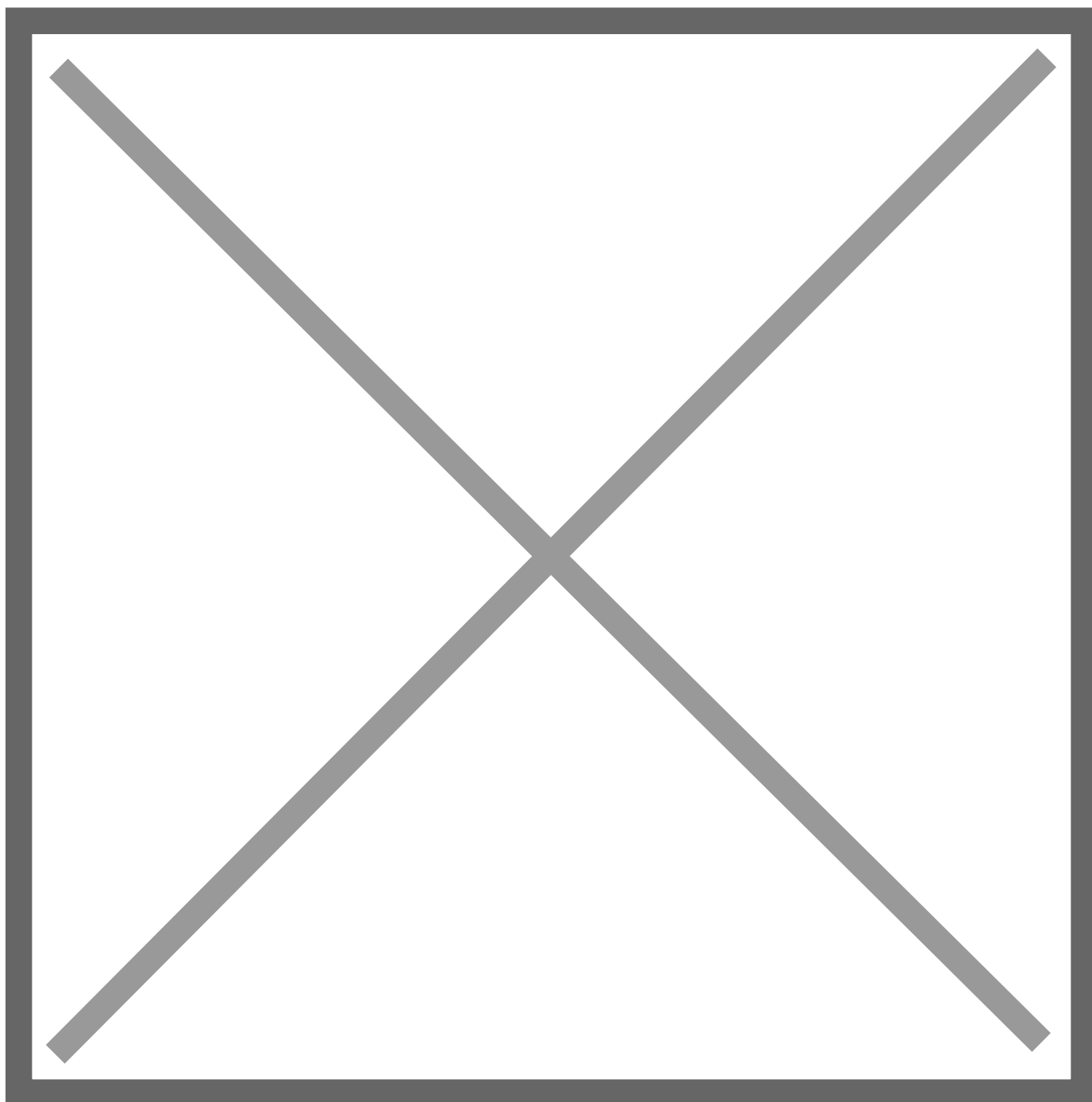
Countries marked with a * are using self-reported data.

**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

Different methodologies have been used to collect this data and so it is not strictly comparable.

Wenn nicht anders angegeben, bezieht sich Δ bergewicht auf einen BMI zwischen 25 Δ kg und 29,9 Δ kg/m Δ^2 , Adipositas auf einen BMI Δ ber 30 Δ kg/m Δ^2 .

Männer



Umfragetyp:

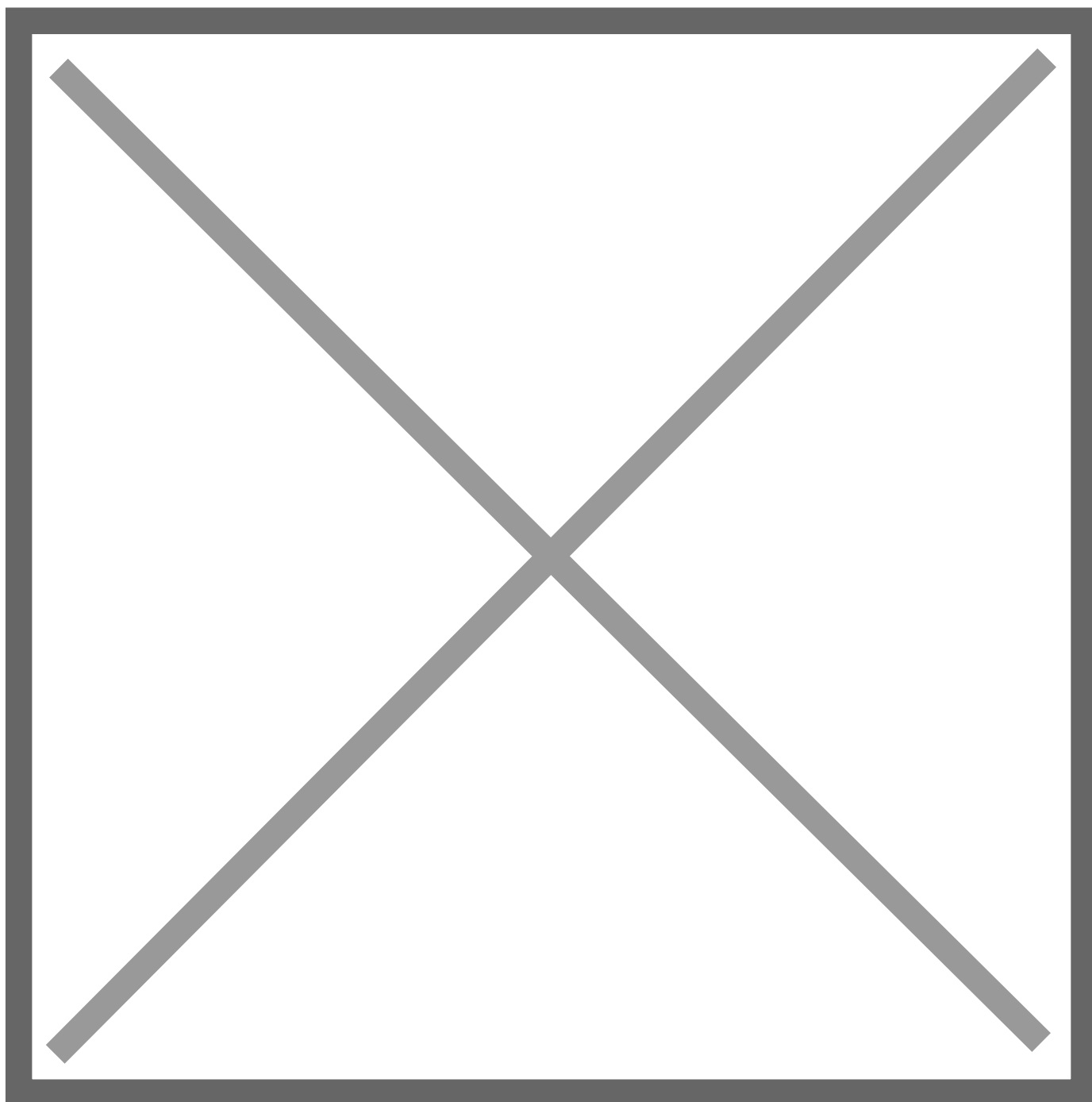
Countries marked with a * are using self-reported data.

Anmerkungen (nur in englischer Sprache verfügbar):

Different methodologies have been used to collect this data and so it is not strictly comparable.

Wenn nicht anders angegeben, bezieht sich Δ bergewicht auf einen BMI zwischen 25 Δ kg und 29,9 Δ kg/m Δ^2 , Adipositas auf einen BMI Δ ber 30 Δ kg/m Δ^2 .

Frauen



Umfragetyp:

Countries marked with a * are using self-reported data.

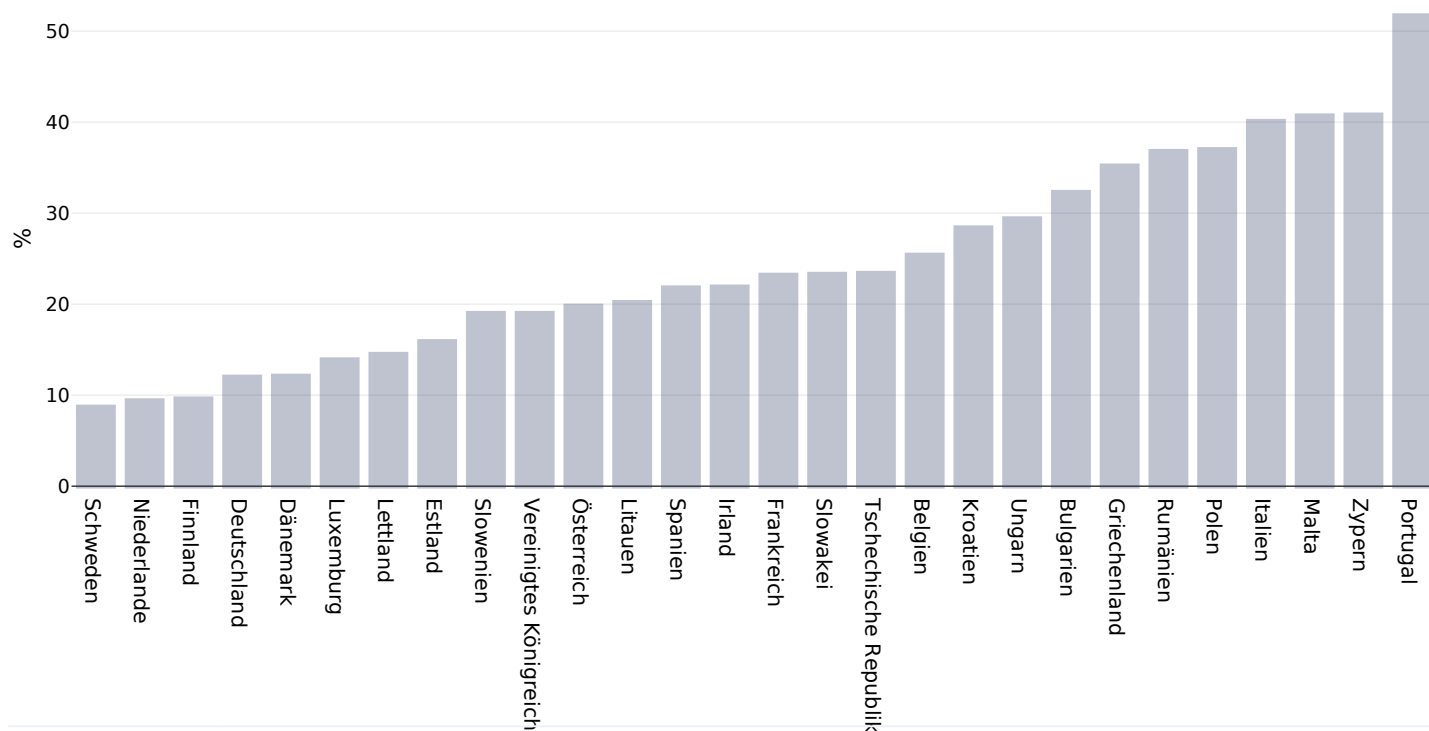
**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

Different methodologies have been used to collect this data and so it is not strictly comparable.

Wenn nicht anders angegeben, bezieht sich Δ bergewicht auf einen BMI zwischen 25 Δ kg und 29,9 Δ kg/m Δ^2 , Adipositas auf einen BMI Δ ber 30 Δ kg/m Δ^2 .

Unzureichende Aktivität

Erwachsene, 2022



Umfragetyp: Selbst berichtet

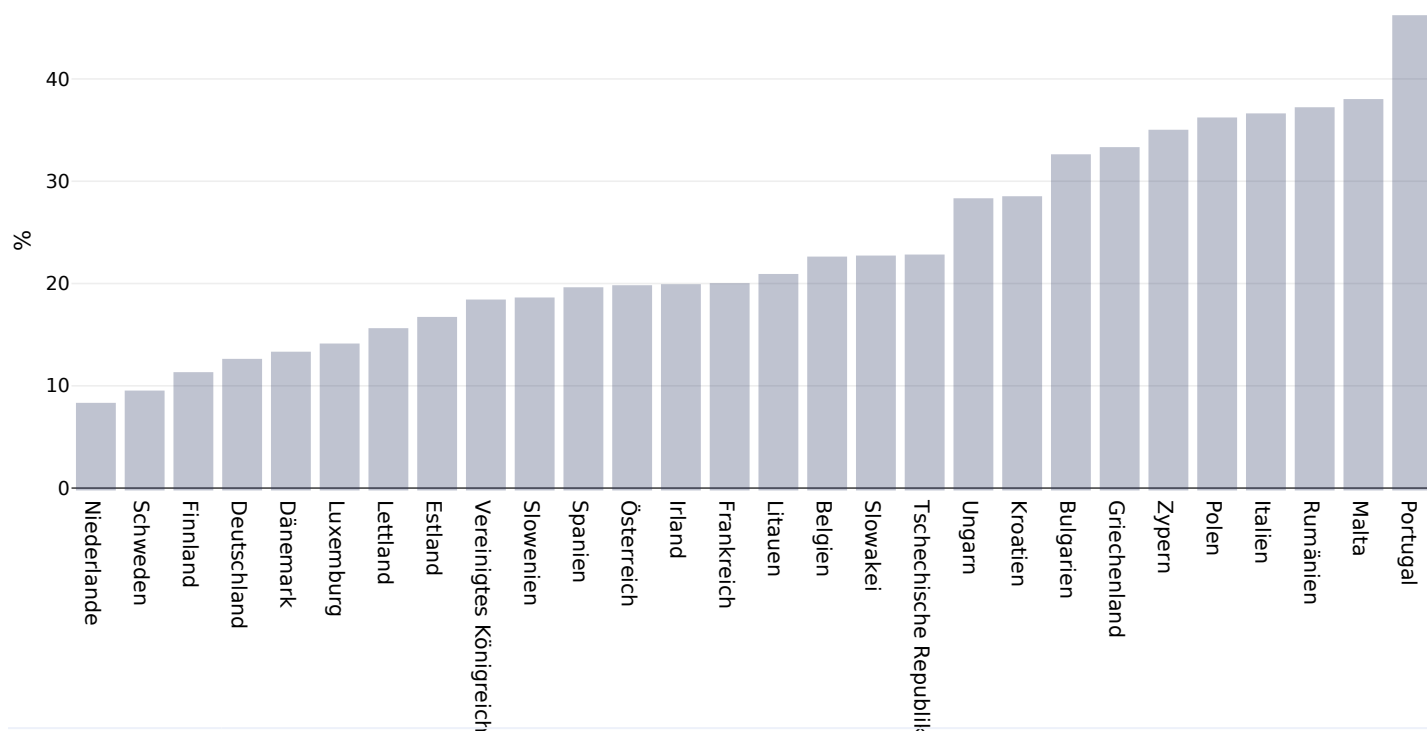
Alter: 18+

Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Männer, 2022



Umfragetyp: Selbst berichtet

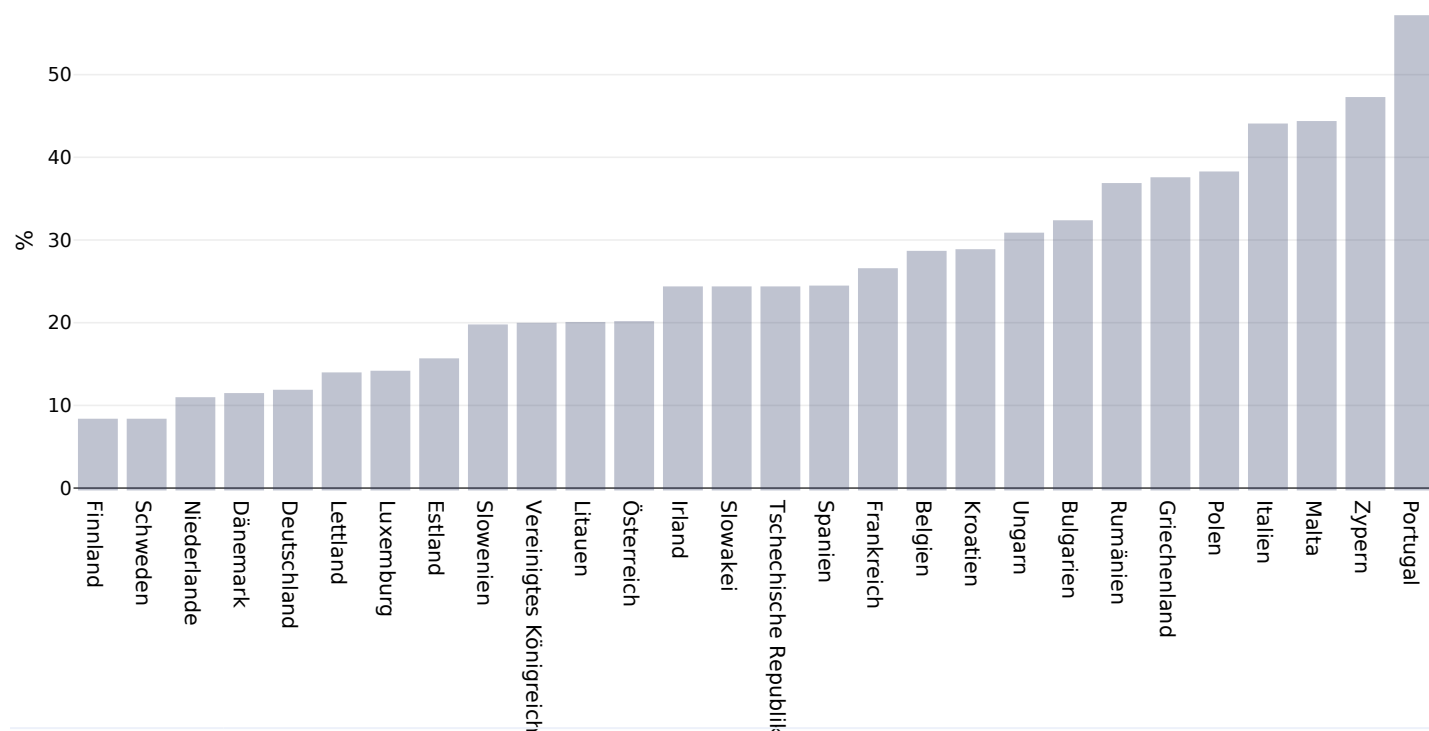
Alter: 18+

Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Frauen, 2022



Umfragetyp: Selbst berichtet

Alter: 18+

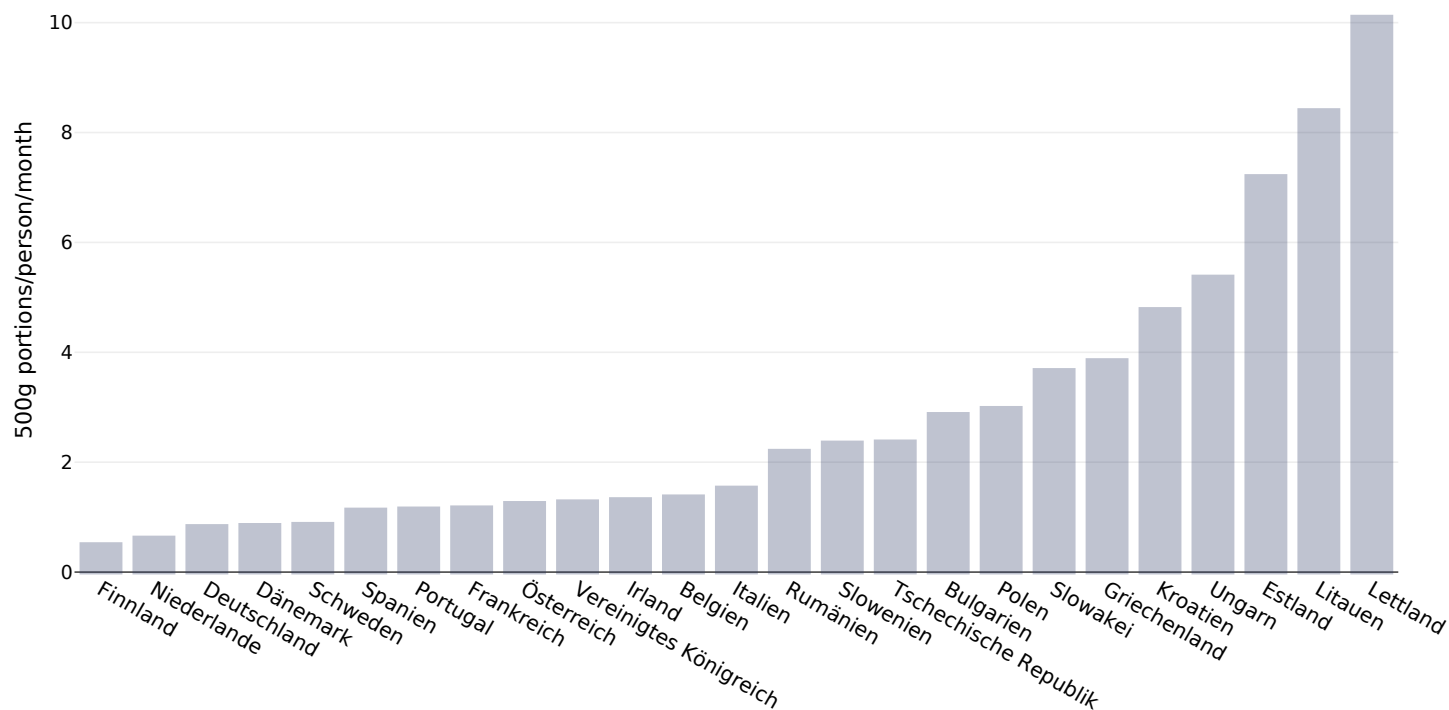
Geltungsbereich: National

Referenzen: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitionen (nur in englischer Sprache verfügbar): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Zuckerkonsum

Erwachsene, 2016



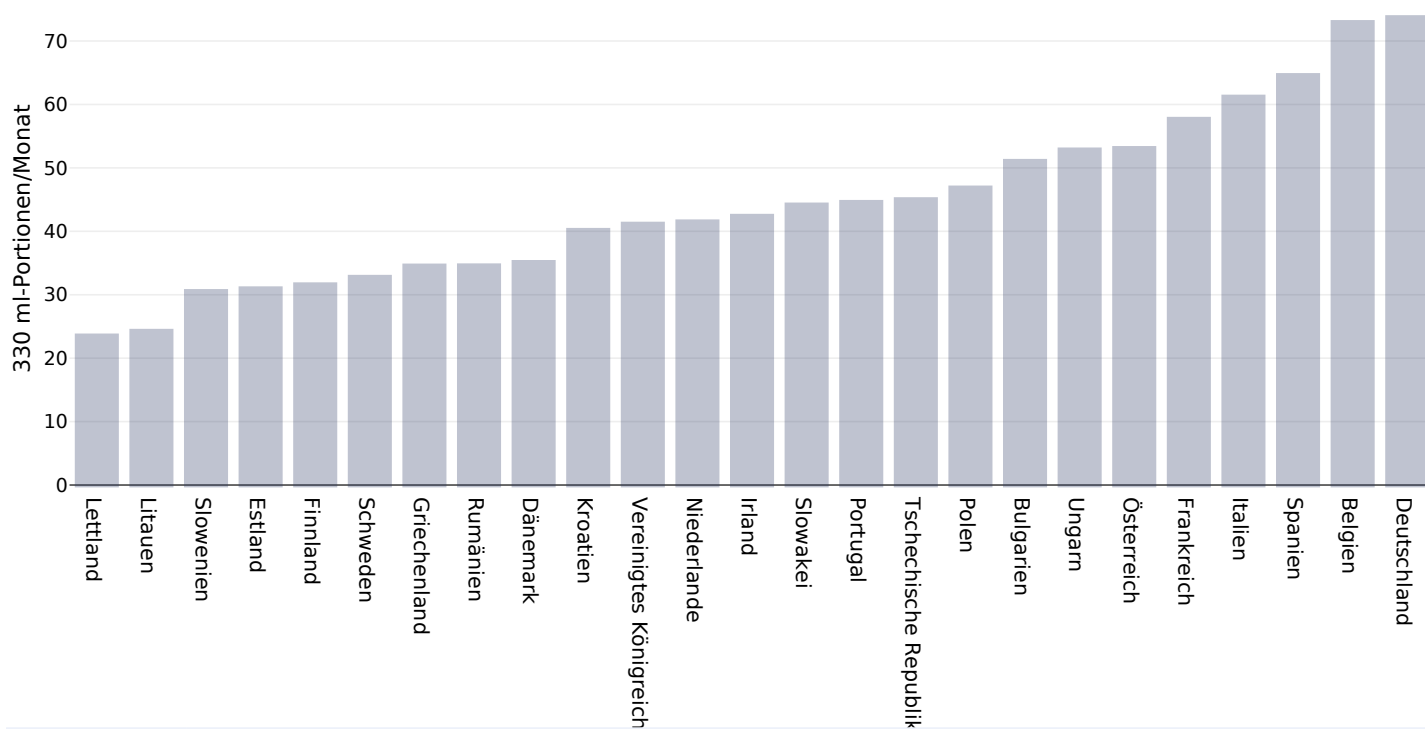
Referenzen:

Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Sugar consumption (Number of 500g sugar portions/person/month)

Geschätzter Verzehr von zuckerhaltigen Getränken pro Kopf Erwachsene, 2016

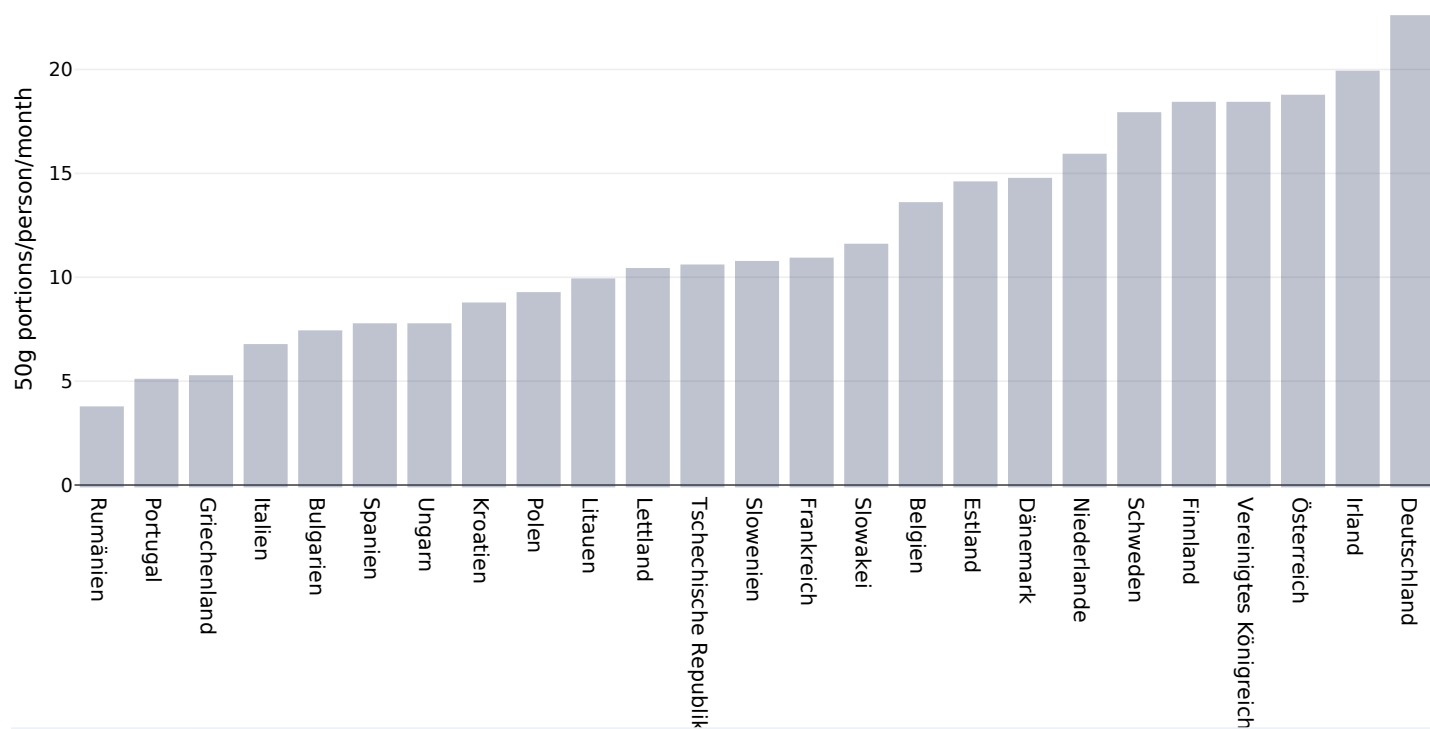


Referenzen:

Source: Euromonitor International

Süßwarenwarenkonsum

Erwachsene, 2016



Referenzen:

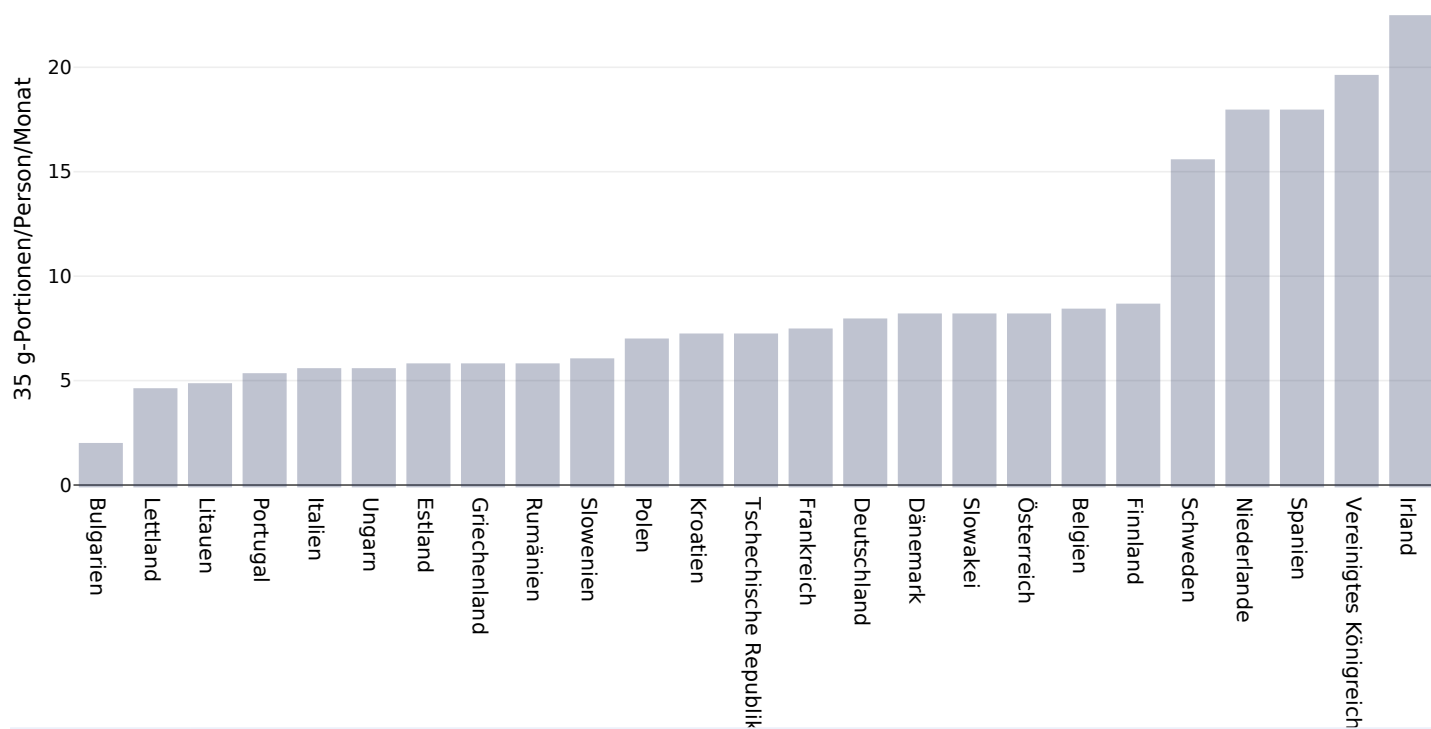
Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Konsum von süßen/herzhaften Snacks

Erwachsene, 2016



Referenzen:

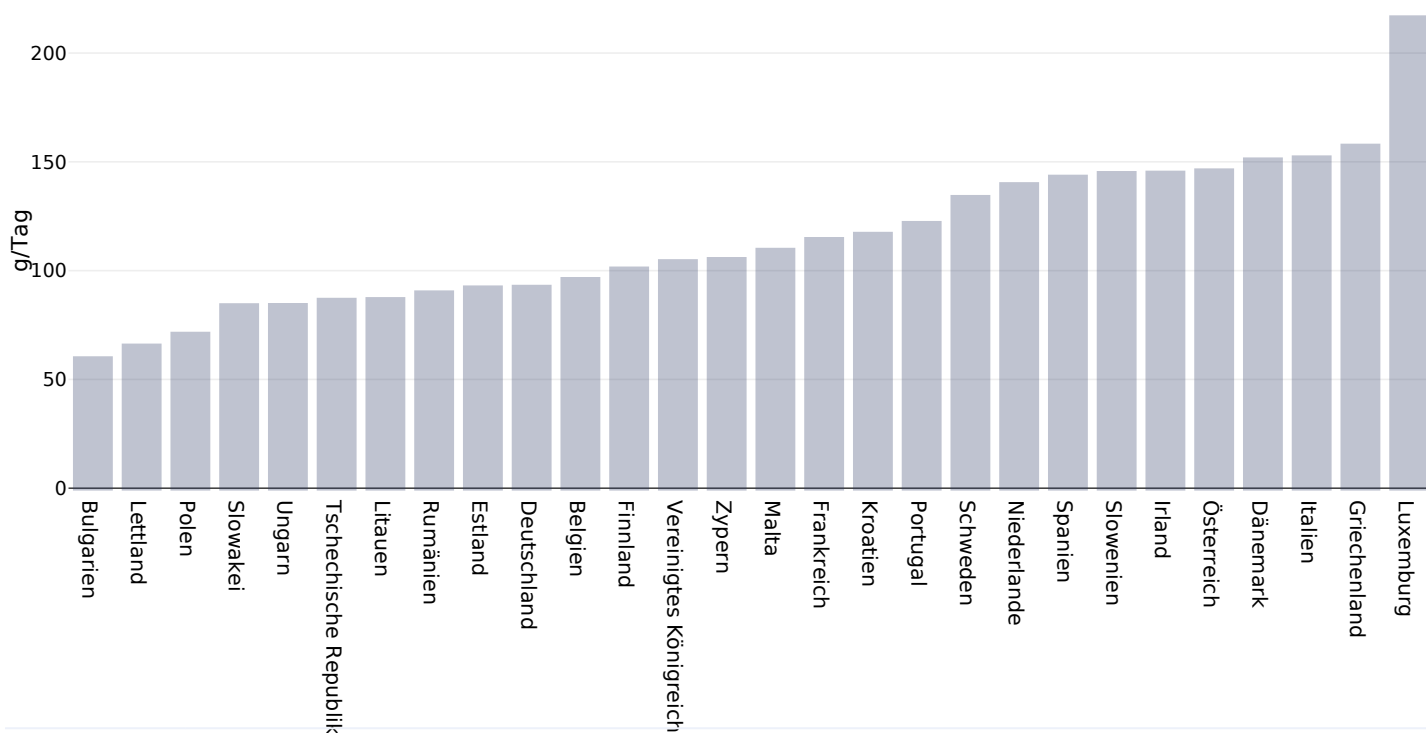
Source: Euromonitor International

Definitionen
(nur in
englischer
Sprache
verfügbar):

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Geschätzter Obstverzehr pro Kopf

Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

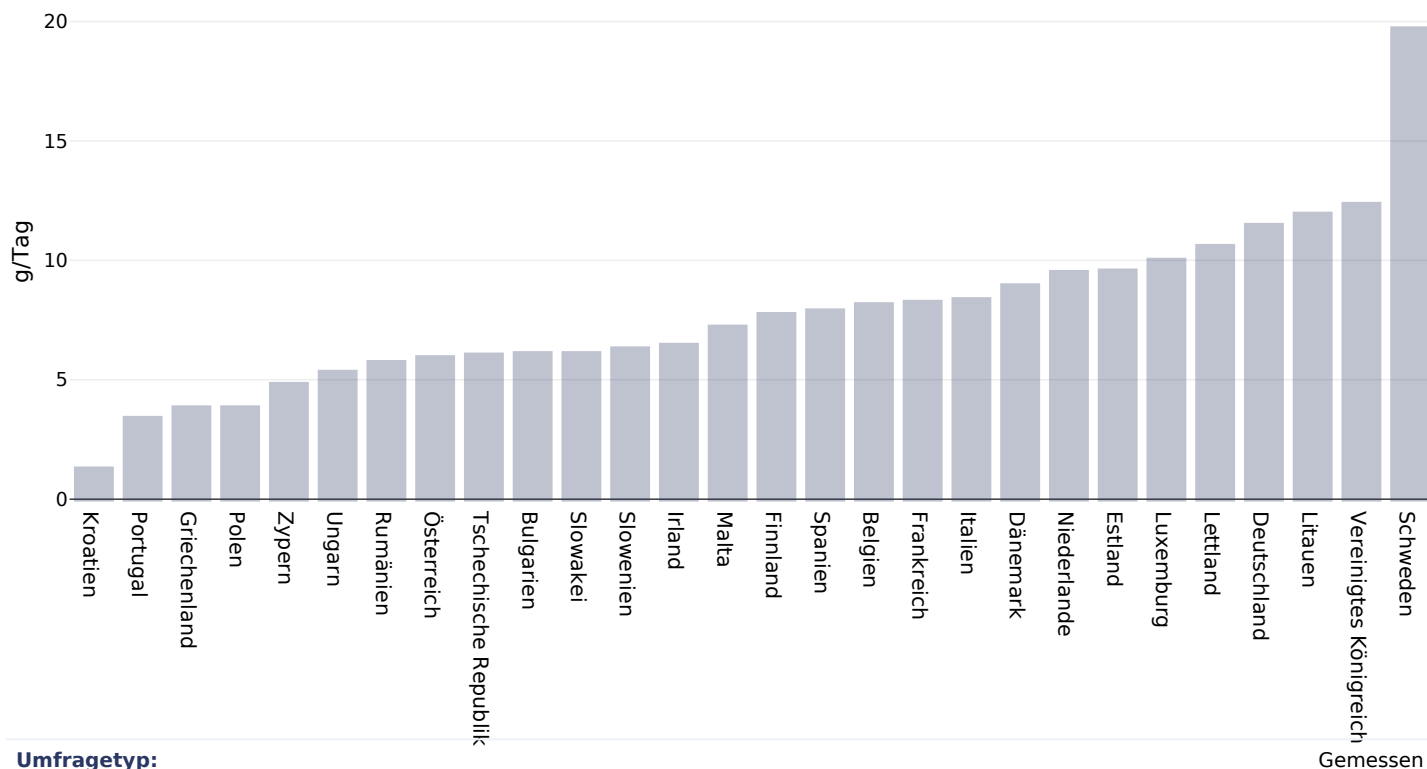
Referenzen:

Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitionen
(nur in
englischer
Sprache
verfügbar):

Estimated per-capita fruit intake (g/day)

Geschätzter Verzehr von verarbeitetem Fleisch pro Kopf Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

Referenzen:

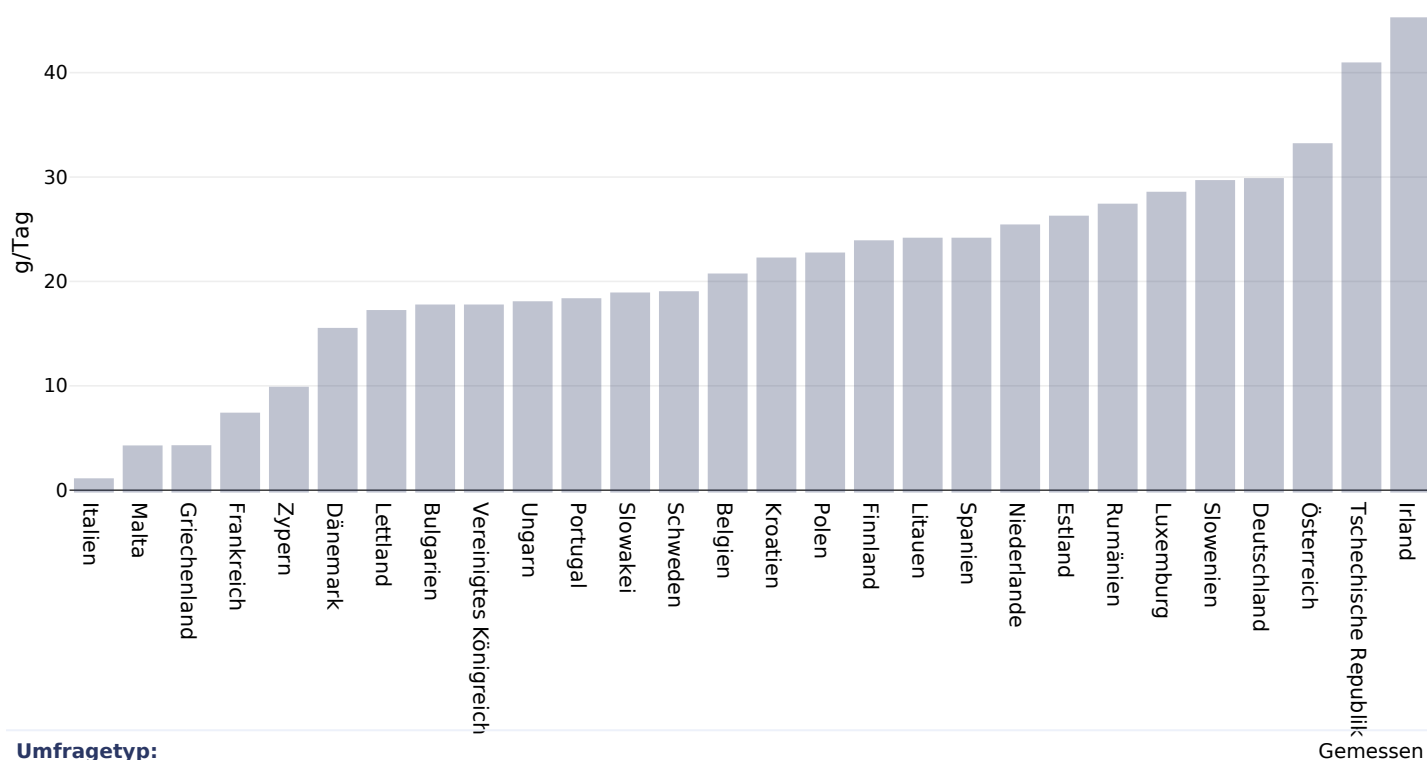
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitionen
(nur in
englischer
Sprache
verfügbar):

Estimated per-capita processed meat intake (g per day)

Geschätzte Verzehr von Vollkornprodukten pro Kopf

Erwachsene, 2017



Umfragetyp:

Gemessen

Alter:

25+

Referenzen:

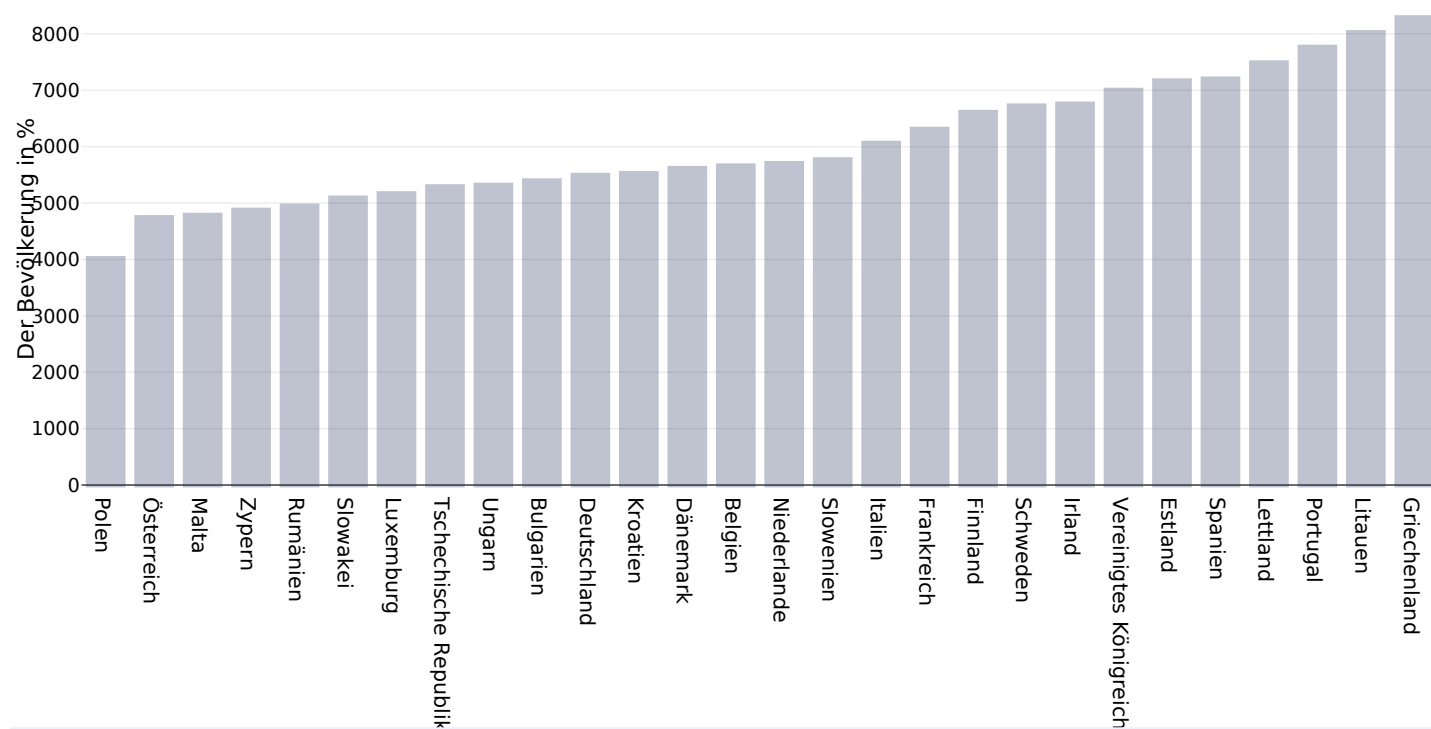
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitionen
(nur in
englischer
Sprache
verfügbar):

Estimated per-capita whole grains intake (g/day)

Psychische Gesundheit & Depressionstörungen

Erwachsene, 2021



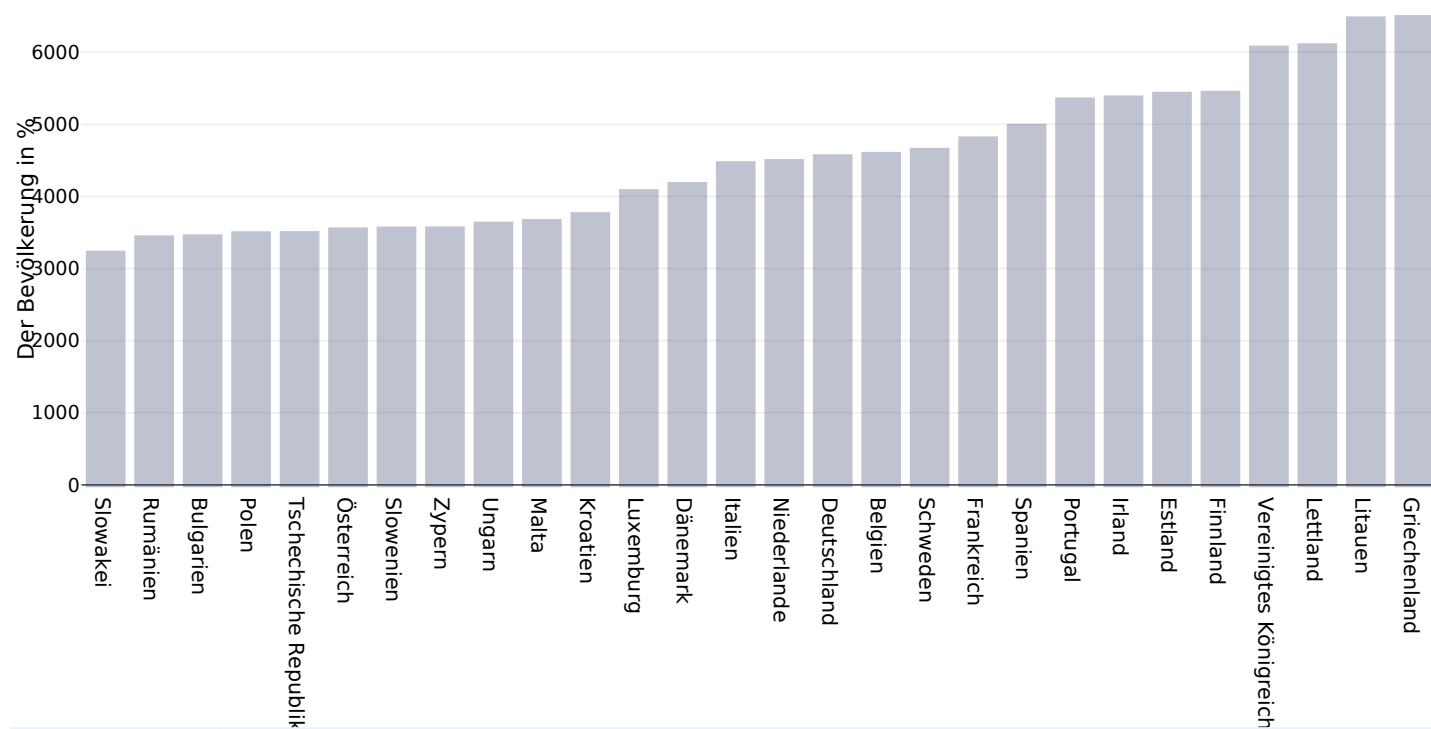
Alter: 20+

Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Männer, 2021



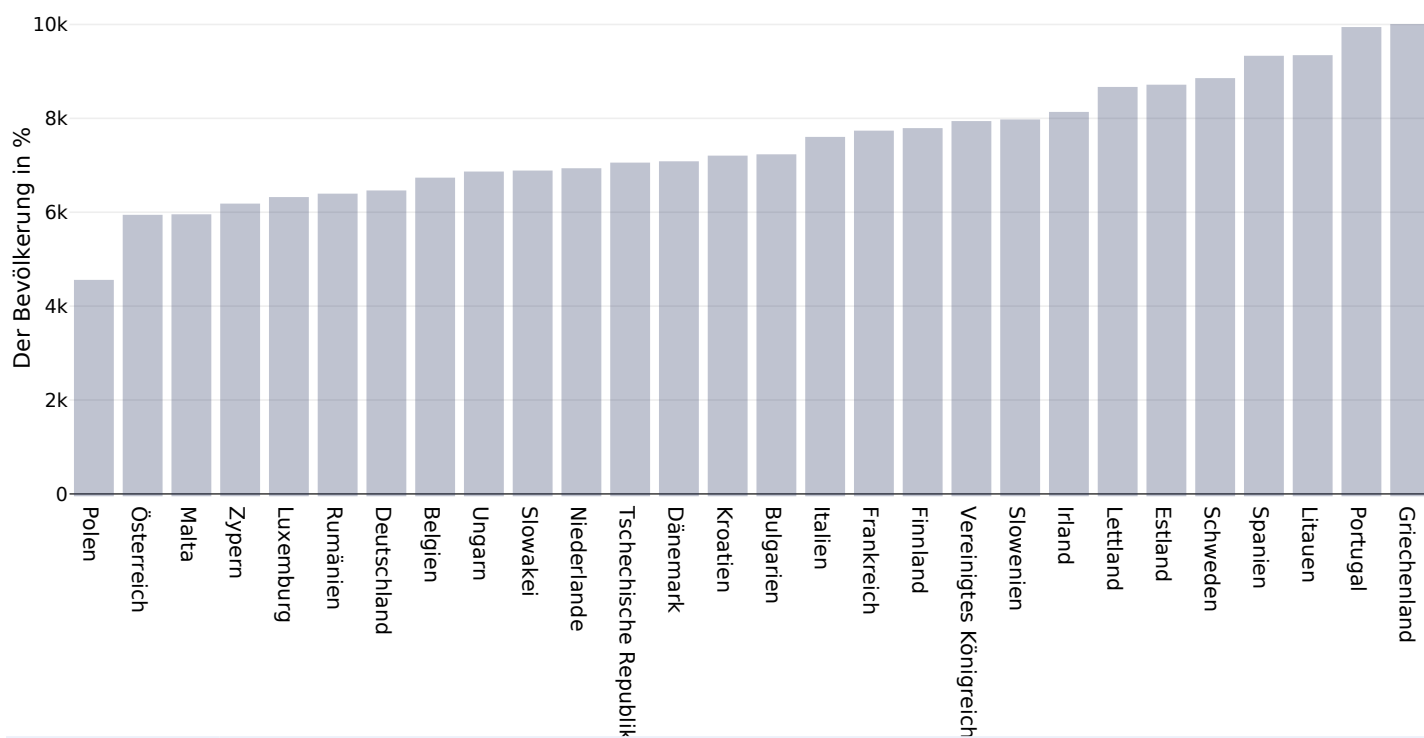
Alter: 20+

Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Frauen, 2021



Alter: 20+

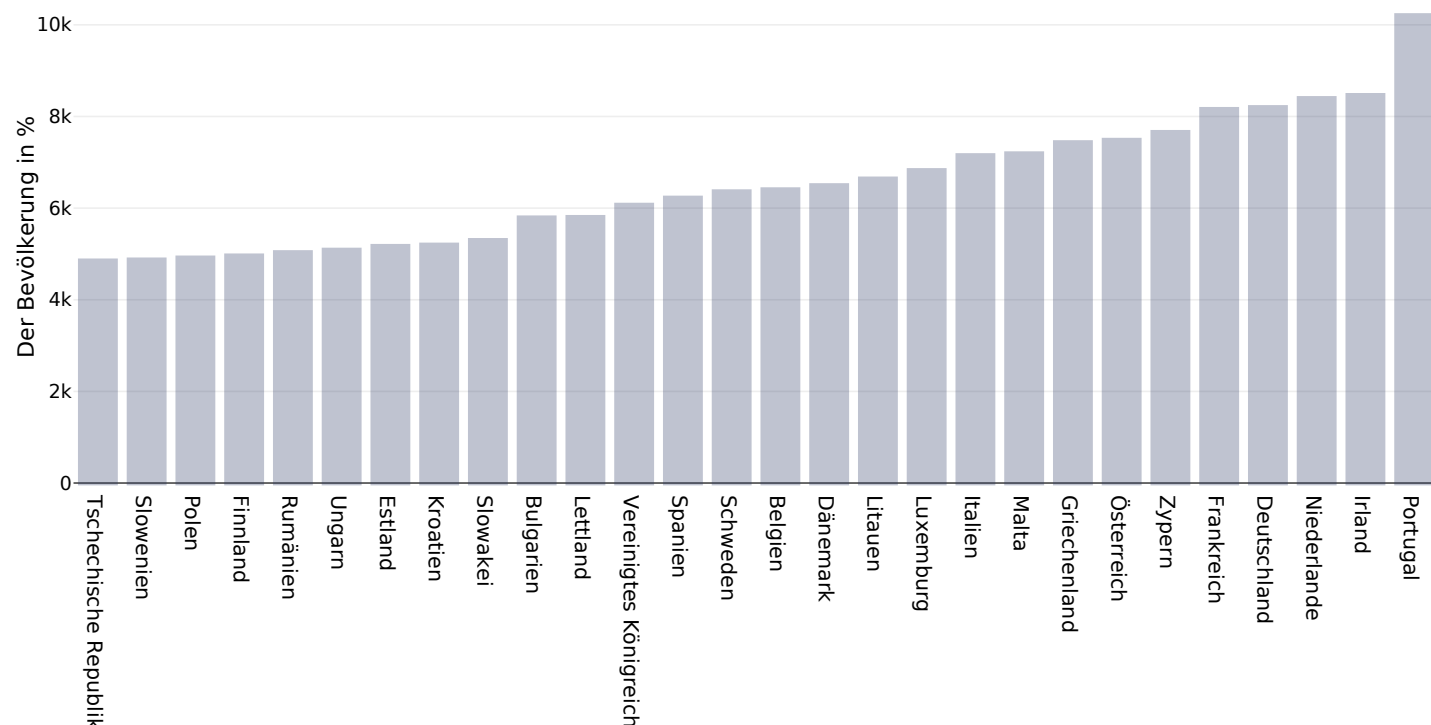
Geltungsbereich: National

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen (nur in englischer Sprache verfügbar): Number living with depression per 100,000 population (adults 20+ years)

Psychische Gesundheit & Angststörungen

Erwachsene, 2021

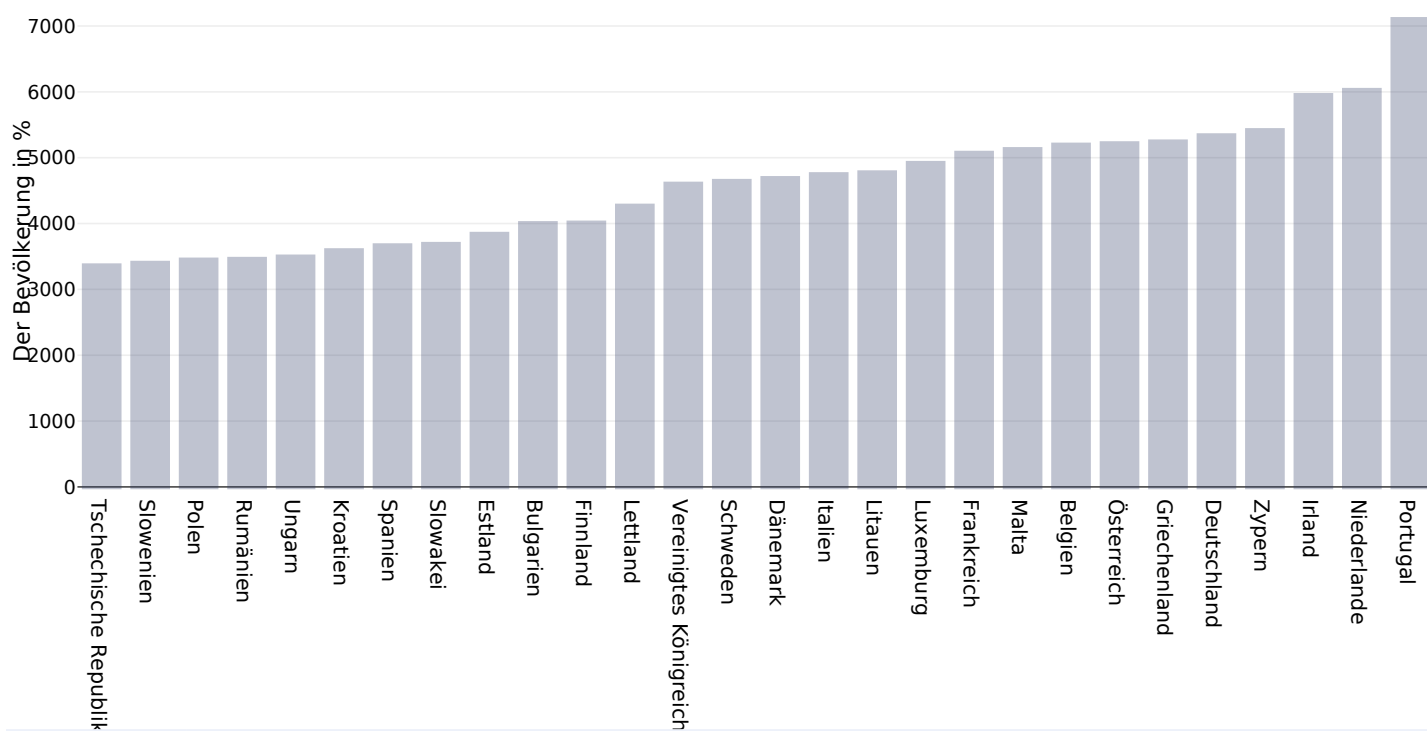


Alter: 20+

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitionen (nur in englischer Sprache verfügbar): Number living with anxiety per 100,000 population

Männer, 2021

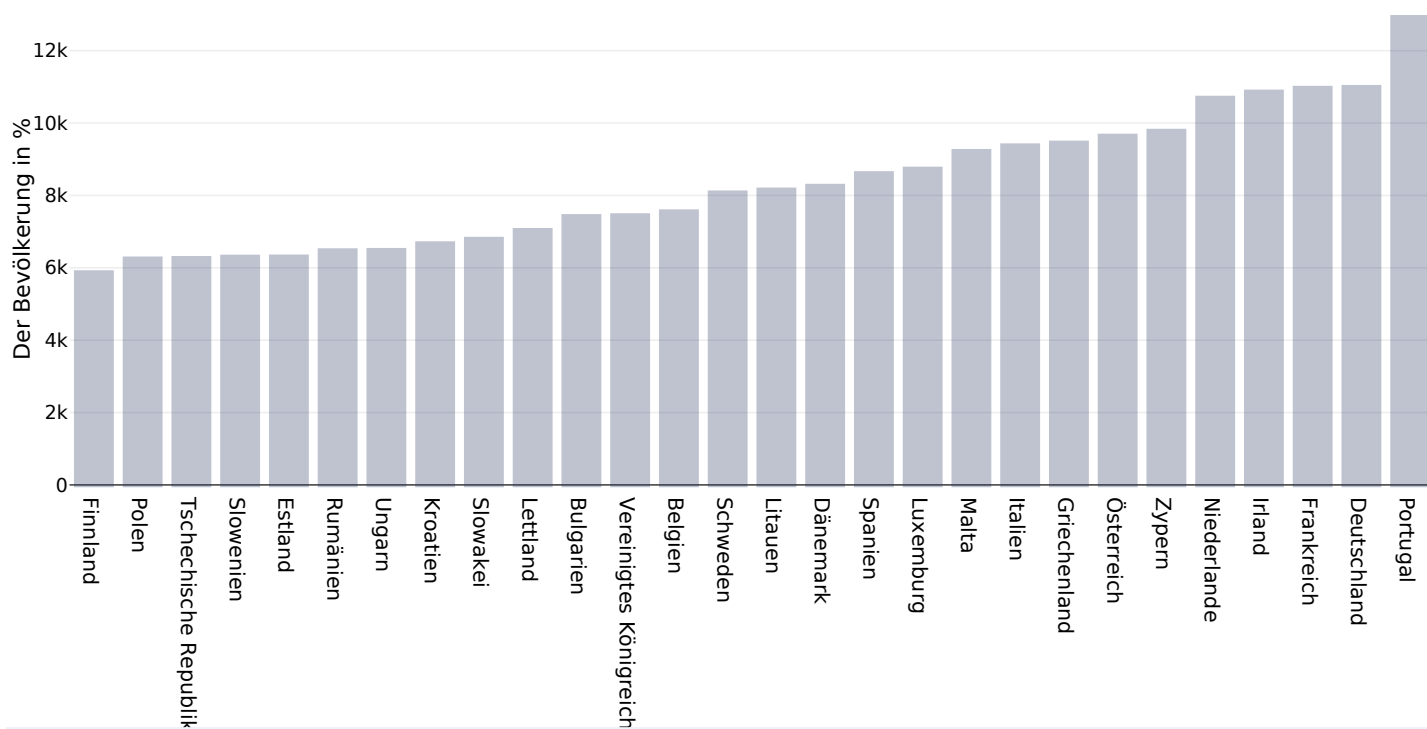


Alter: 20+

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitionen (nur in englischer Sprache verfügbar): Number living with anxiety per 100,000 population

Frauen, 2021



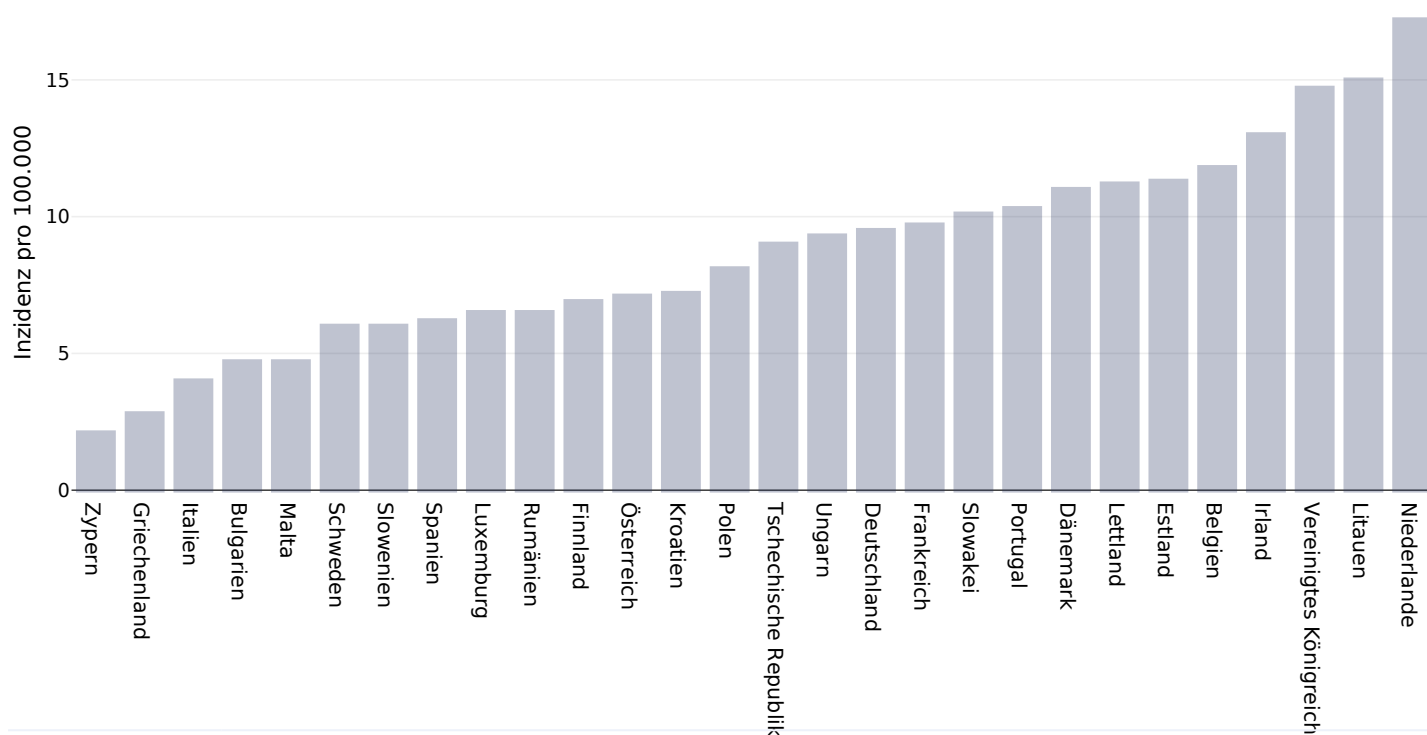
Alter: 20+

Referenzen: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitionen (nur in englischer Sprache verfügbar): Number living with anxiety per 100,000 population

Speiseröhrenkrebs

Männer, 2022



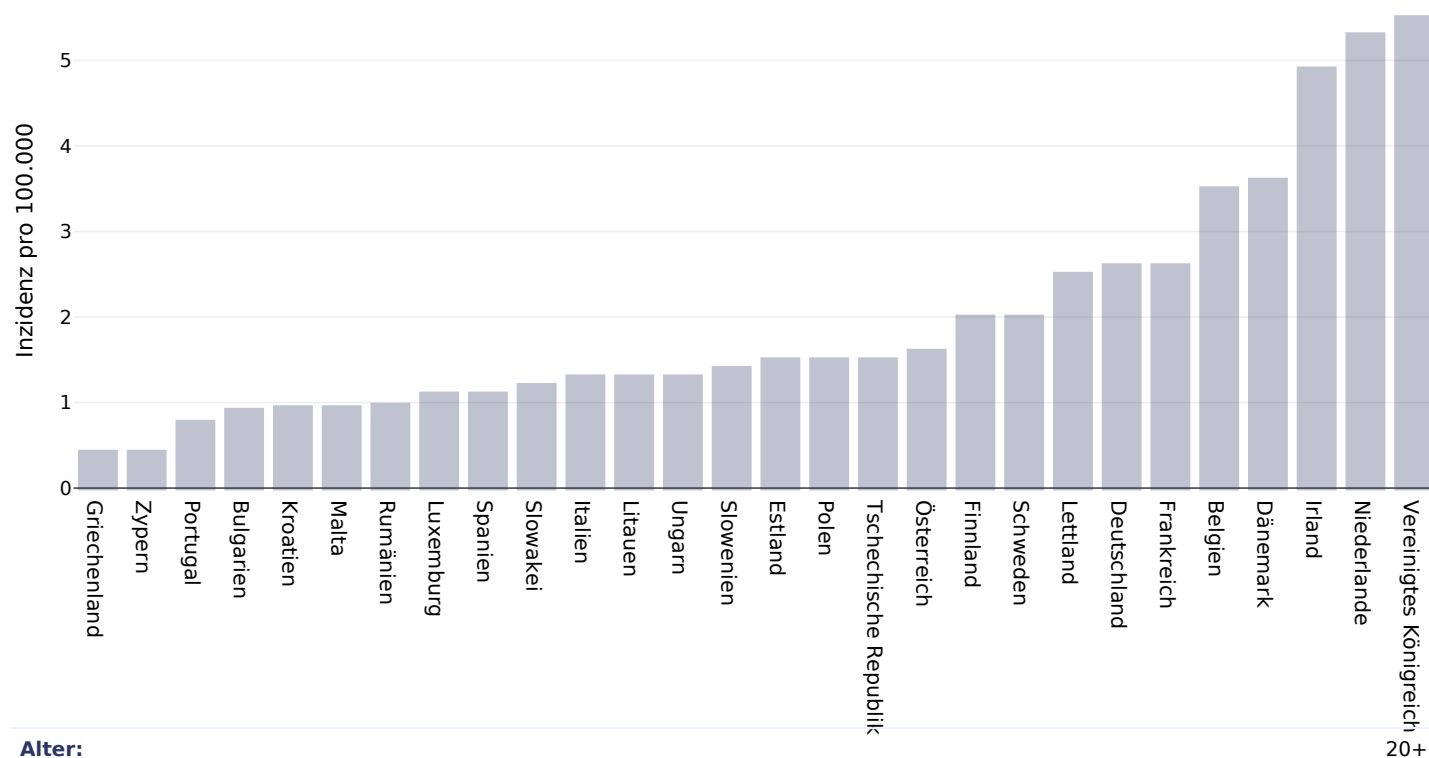
Alter: 20+

Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Frauen, 2022



Alter: 20+

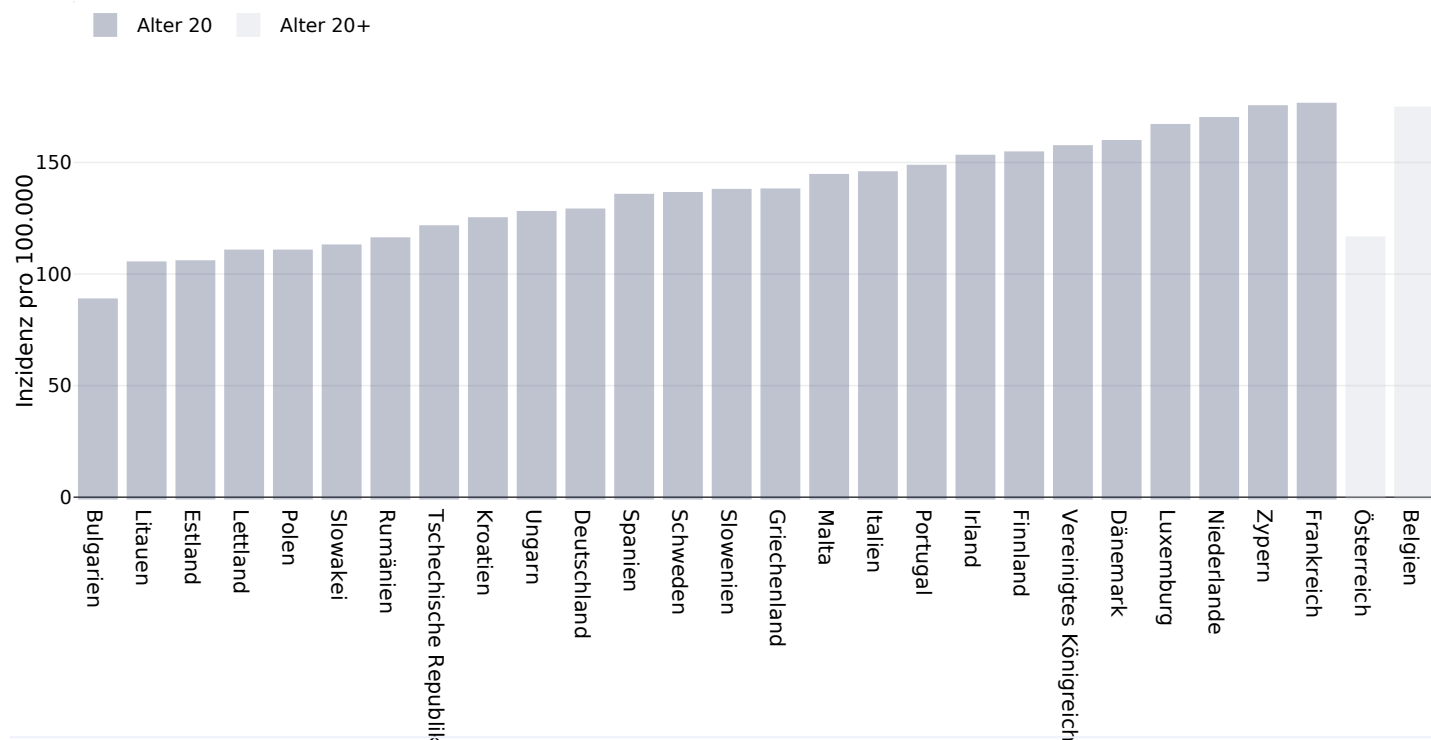
Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Indicence per 100,000

Brustkrebs

Frauen, 2022



Geltungsbereich:

National

Referenzen:

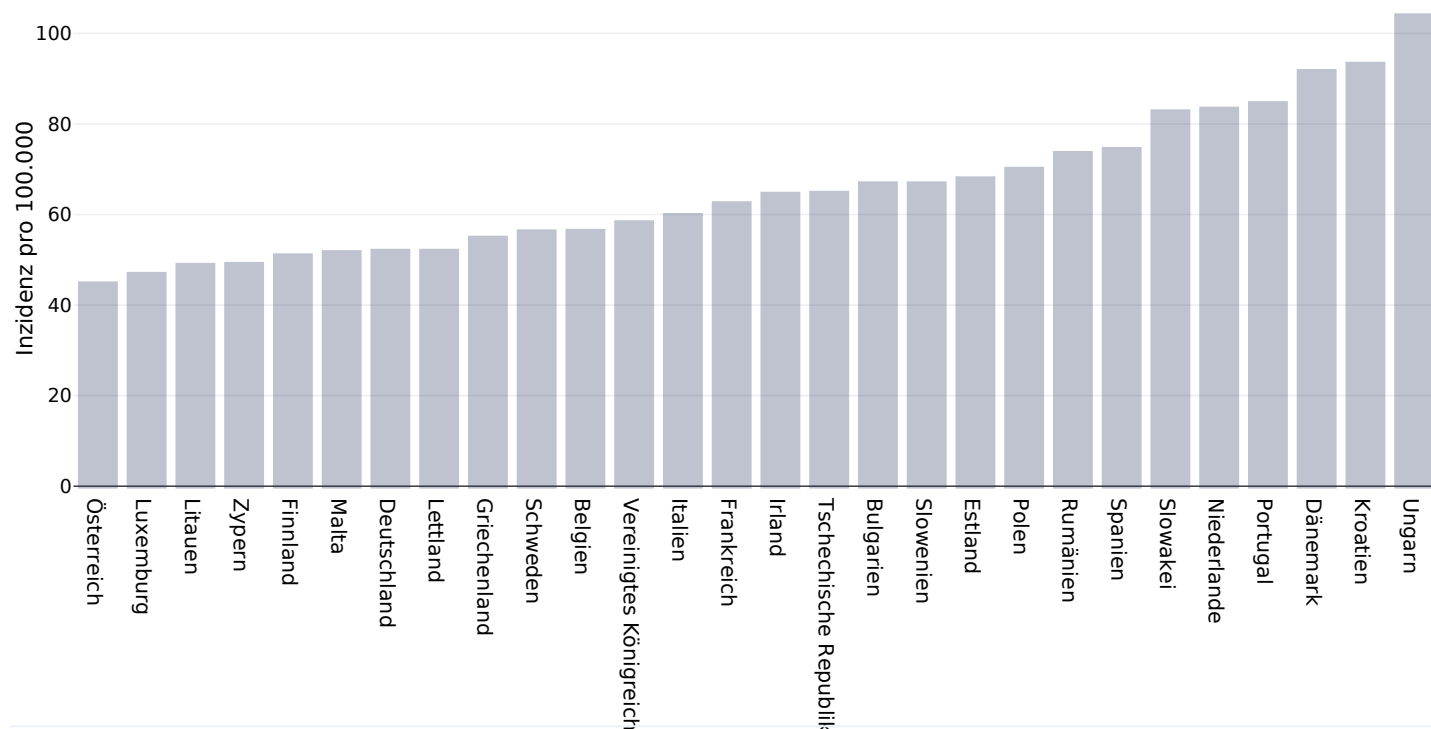
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen
(nur in
englischer
Sprache
verfügbar):

Incidence per 100,000

Dickdarmkrebs

Männer, 2022



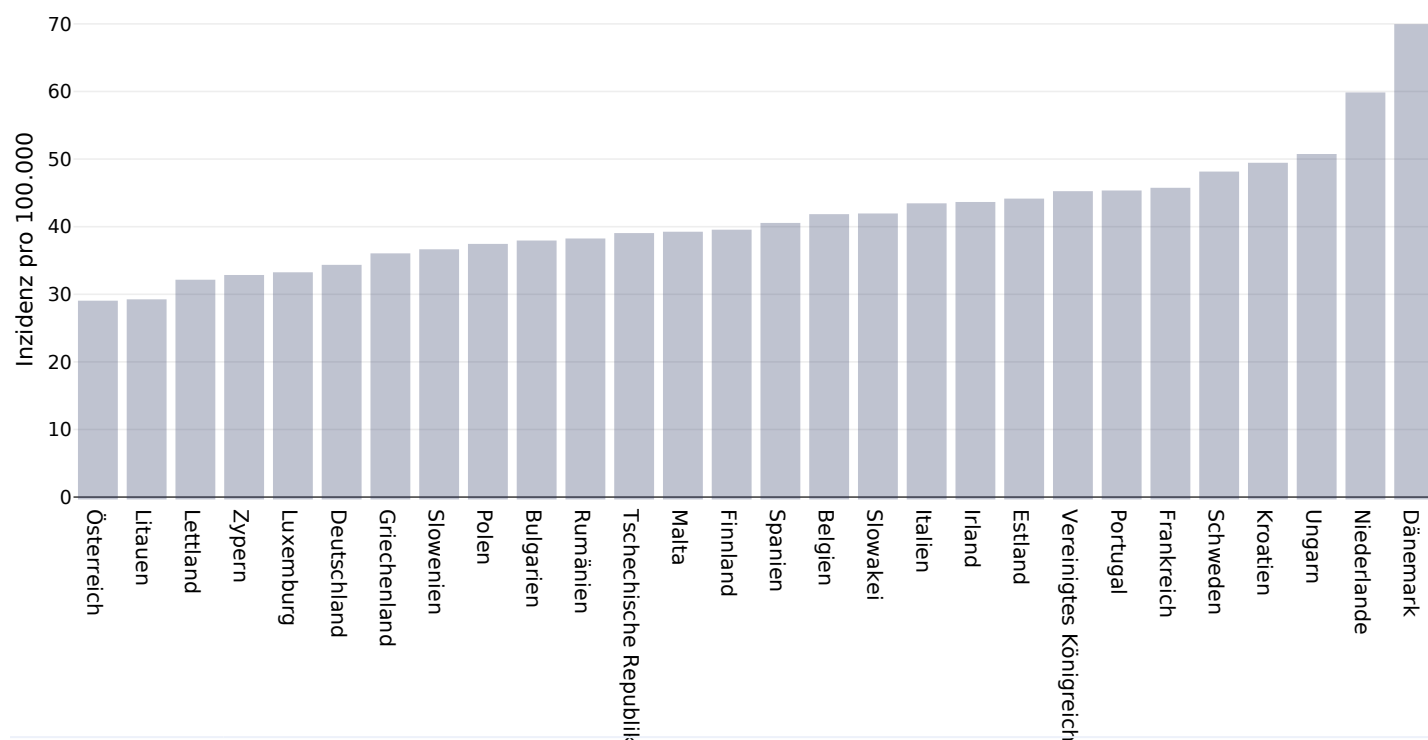
Alter: 20+

Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Frauen, 2022



Alter: 20+

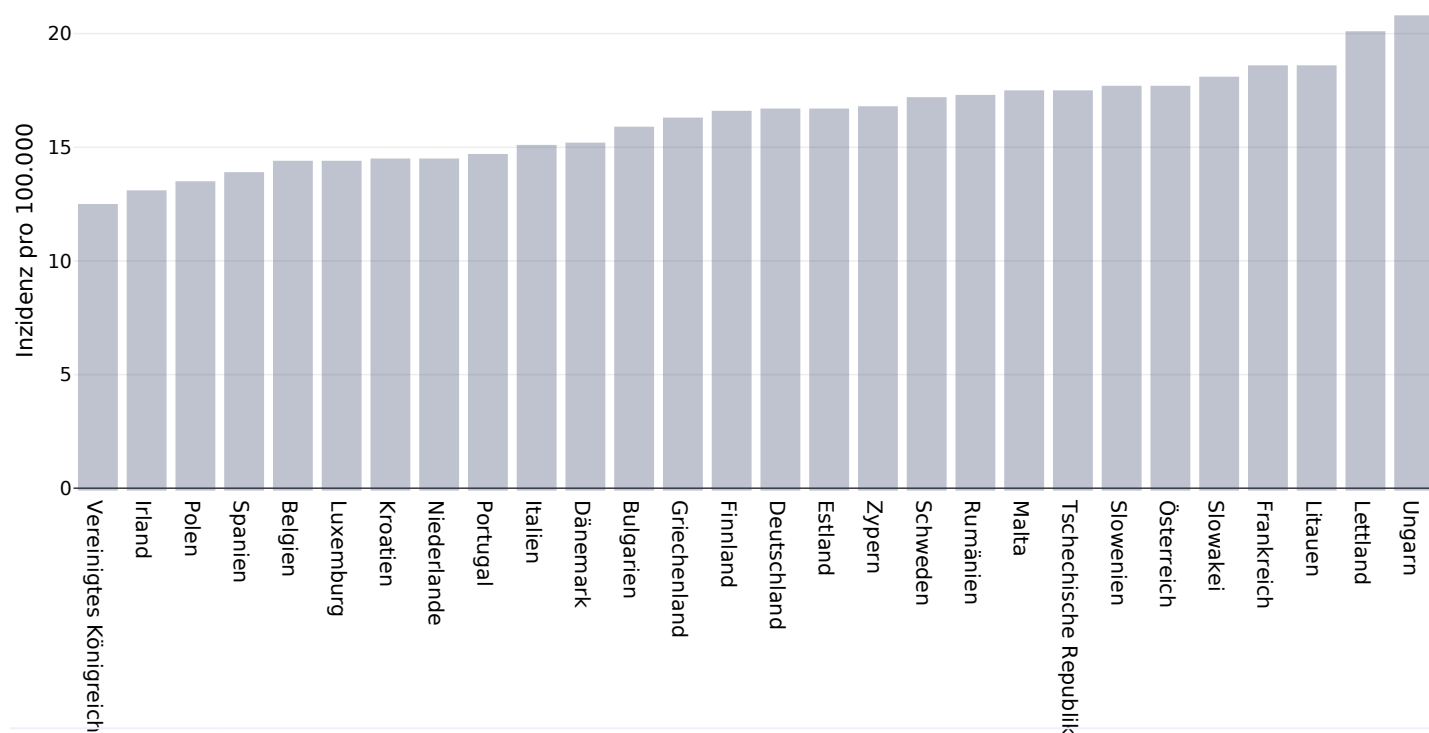
Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Bauchspeicheldrüsekrebs

Männer, 2022



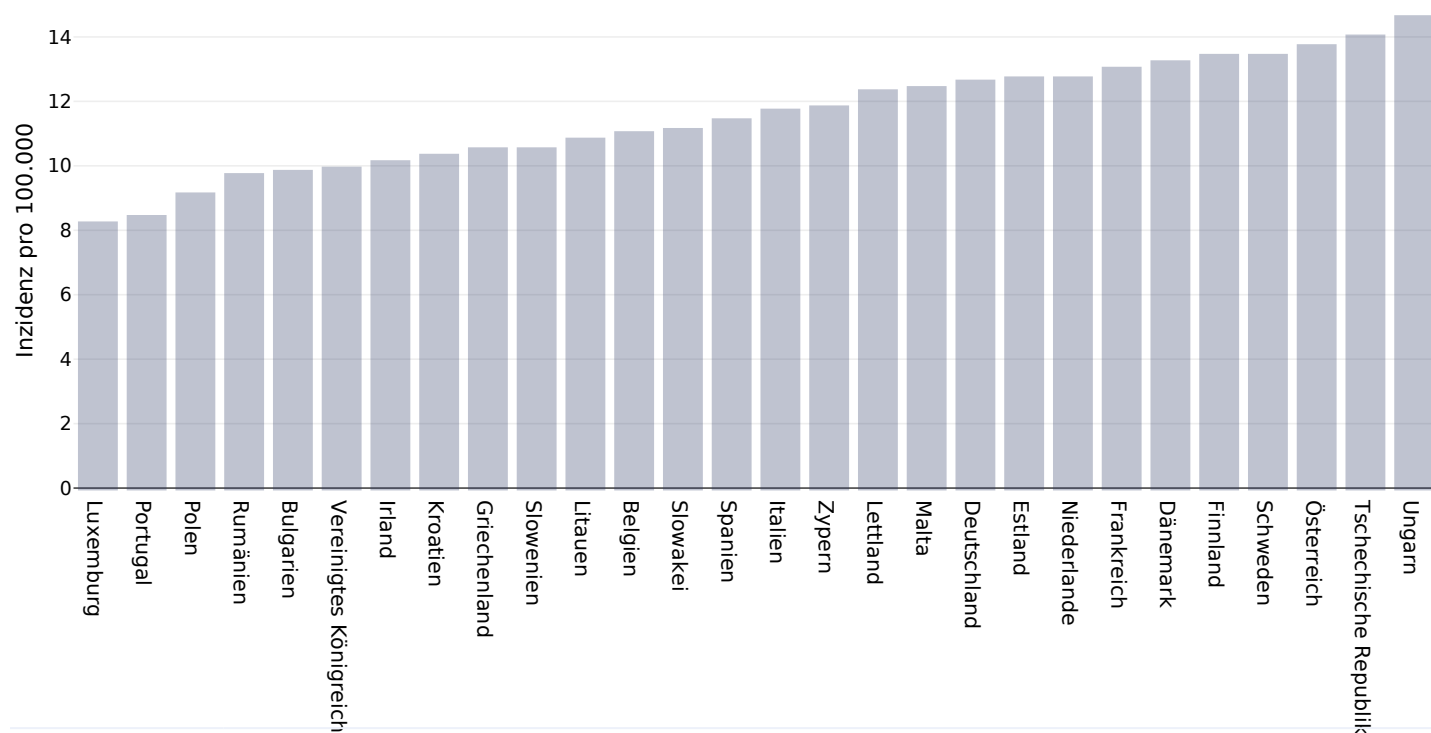
Alter: 20+

Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Frauen, 2022



Alter: 20+

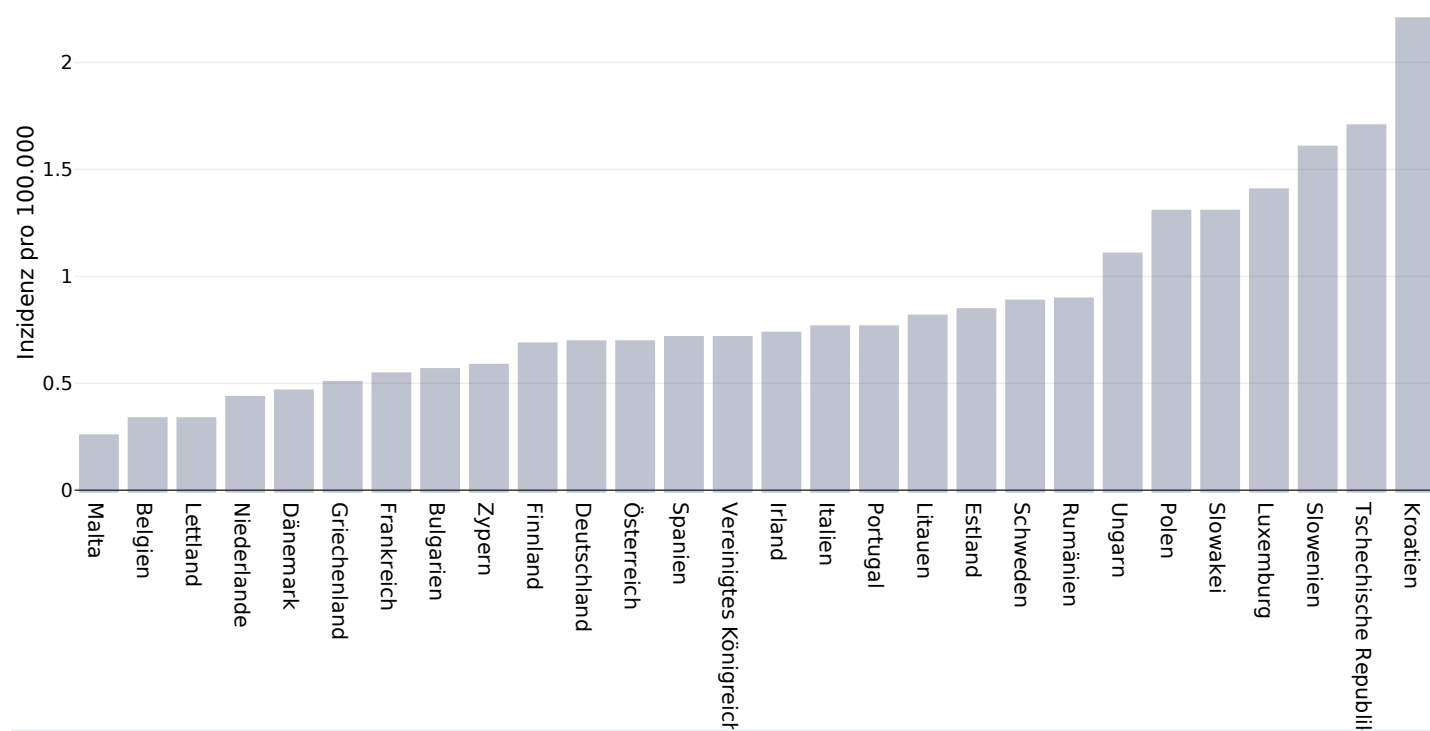
Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Gallenblasenkrebs

Männer, 2022



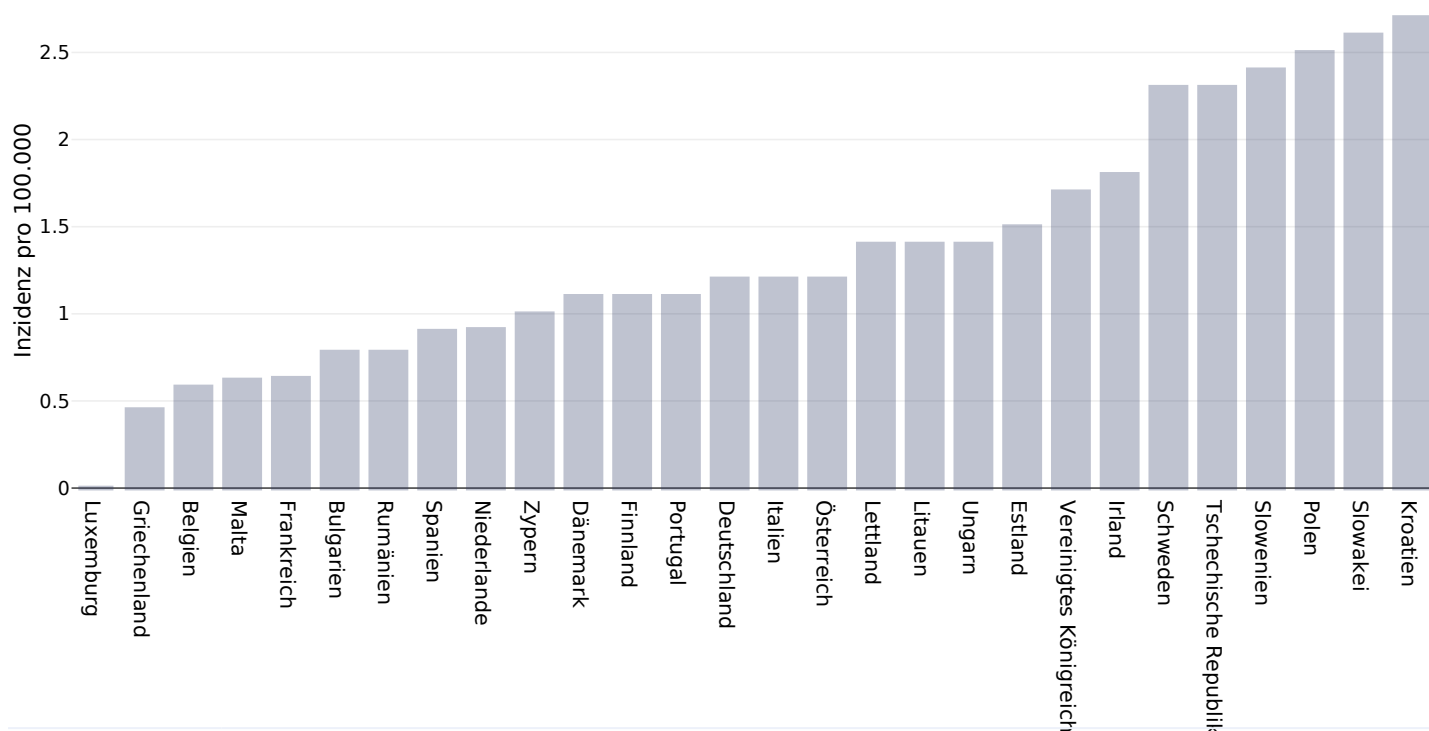
Alter: 20+

Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Frauen, 2022



Alter: 20+

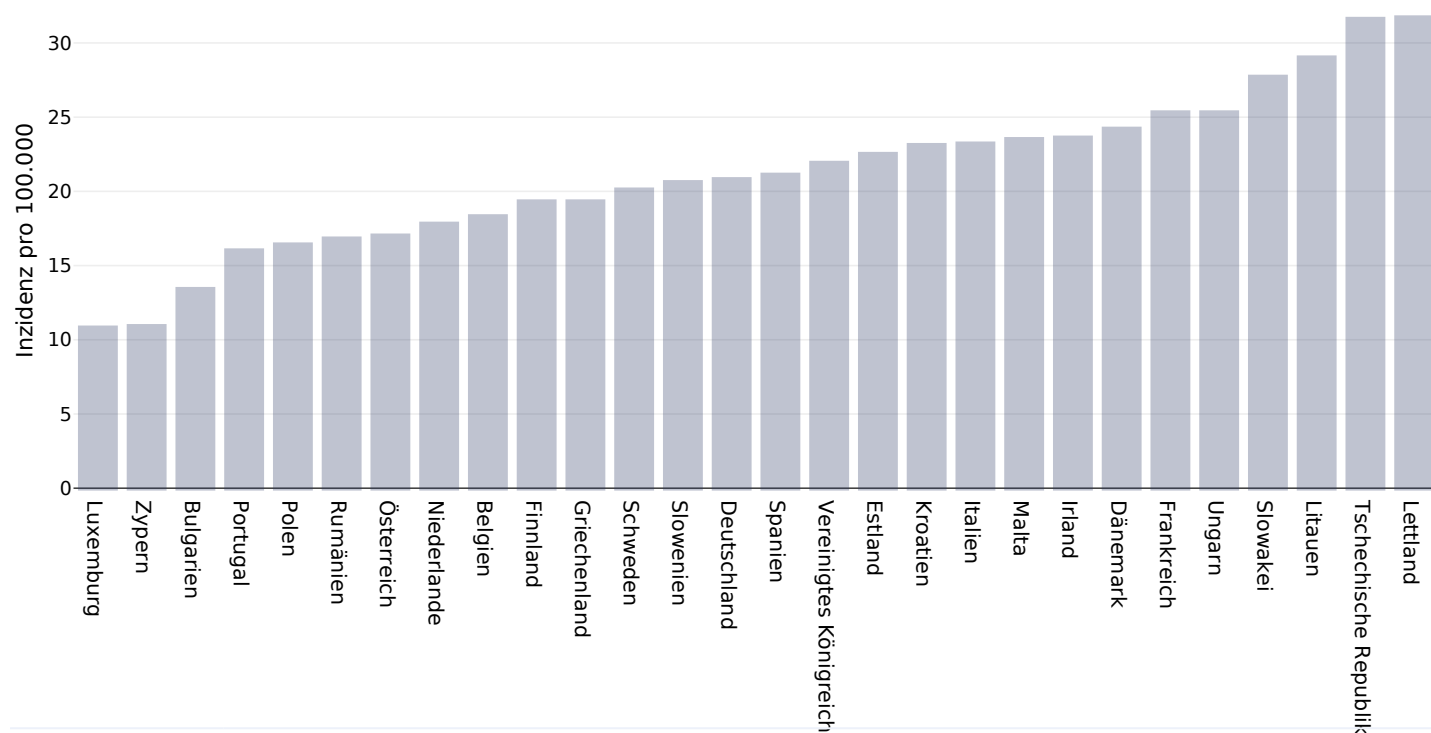
Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Nierenkrebs

Männer, 2022



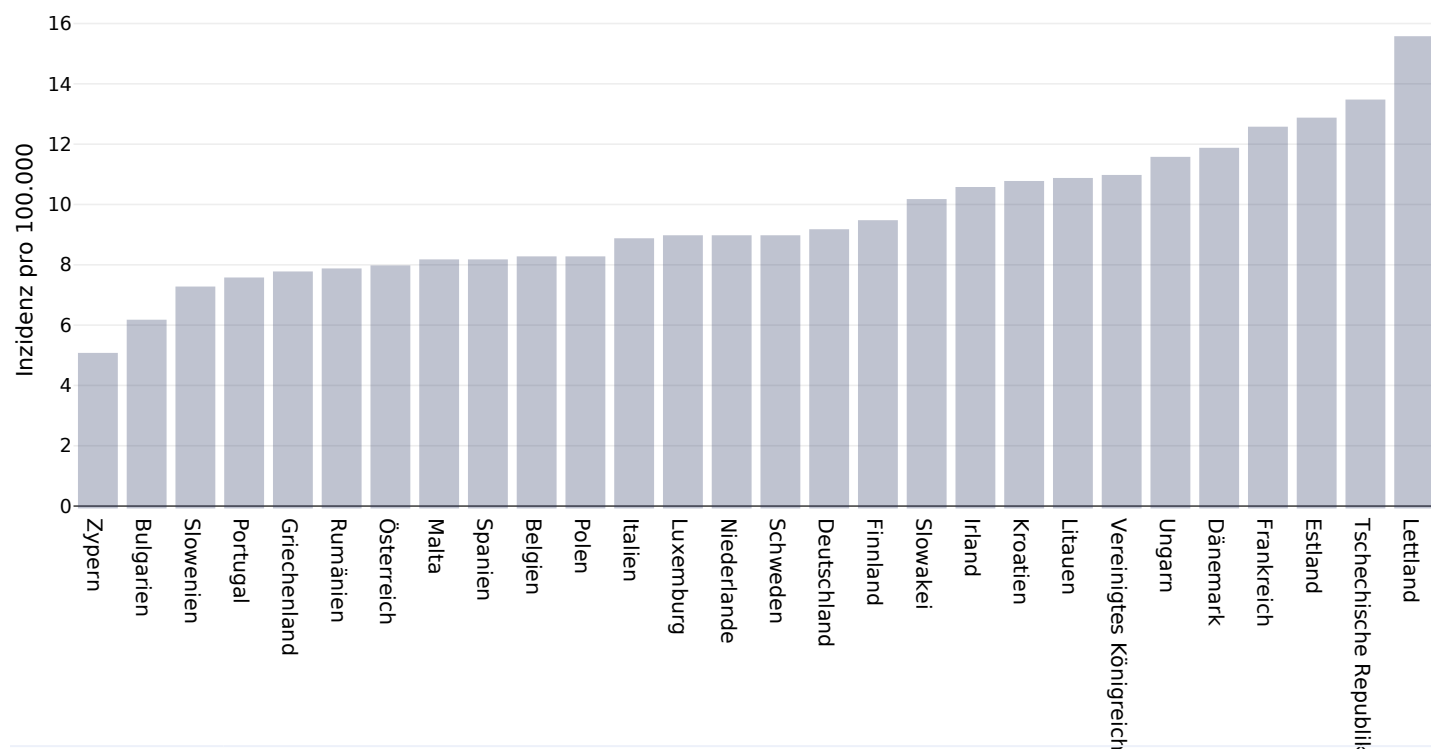
Alter: 20+

Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Frauen, 2022



Alter: 20+

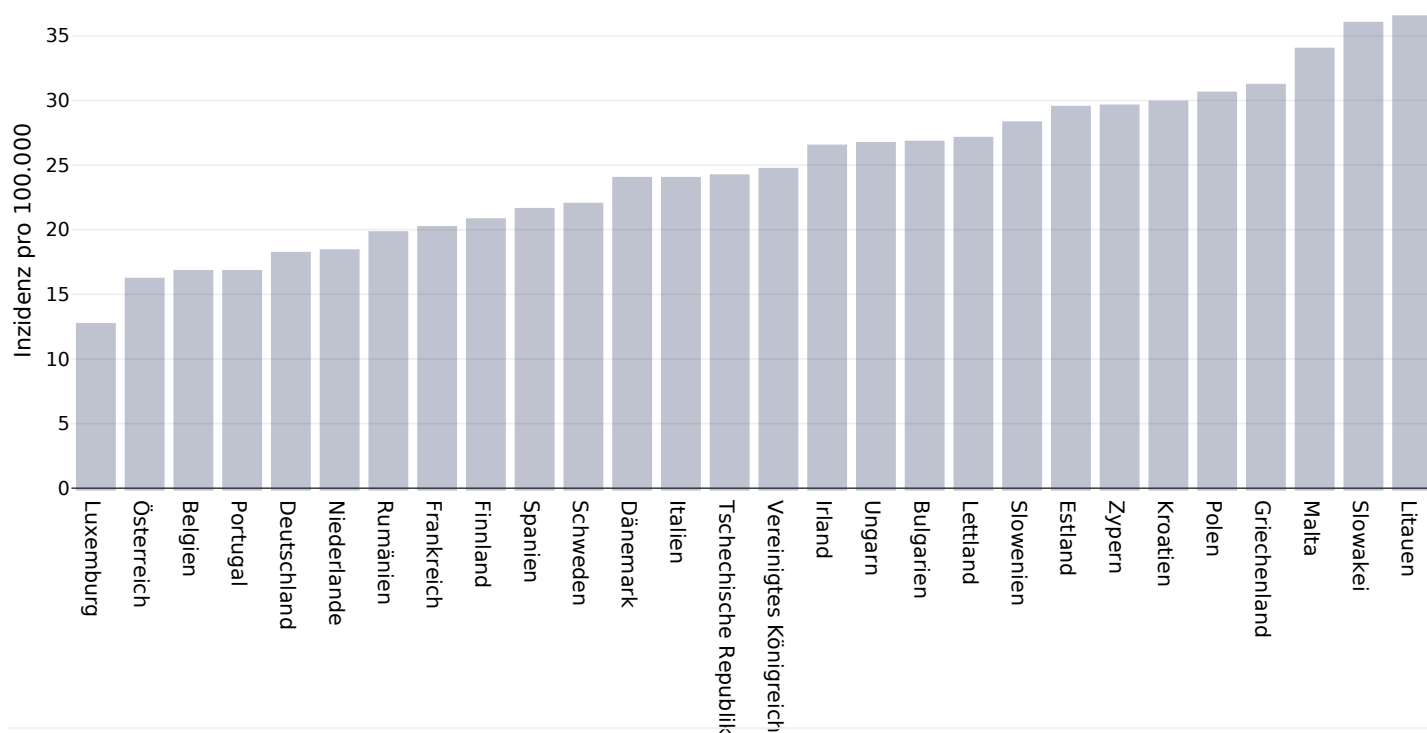
Geltungsbereich: National

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Gebärmutterkrebs

Frauen, 2022



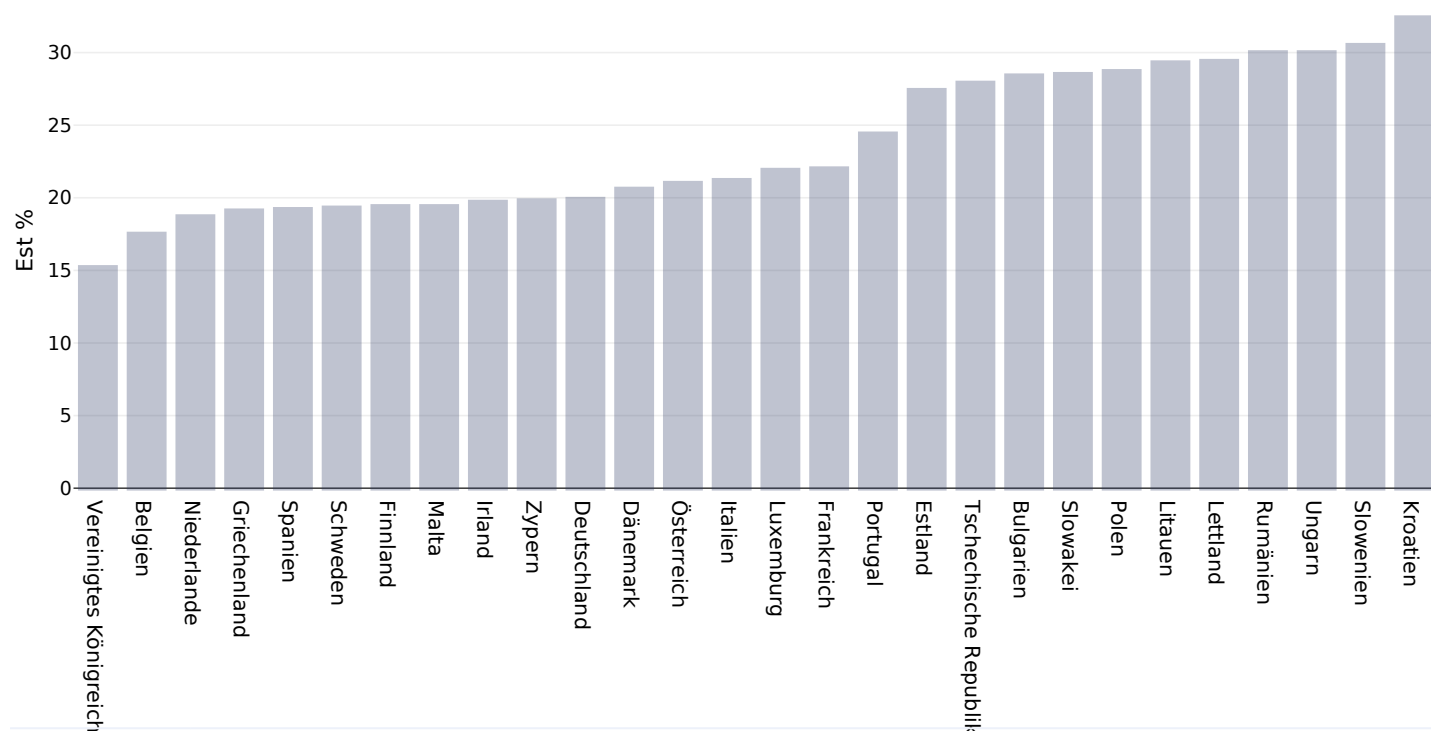
Alter: 20+

Referenzen: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitionen (nur in englischer Sprache verfügbar): Incidence per 100,000

Erhöhter Blutdruck

Erwachsene, 2015



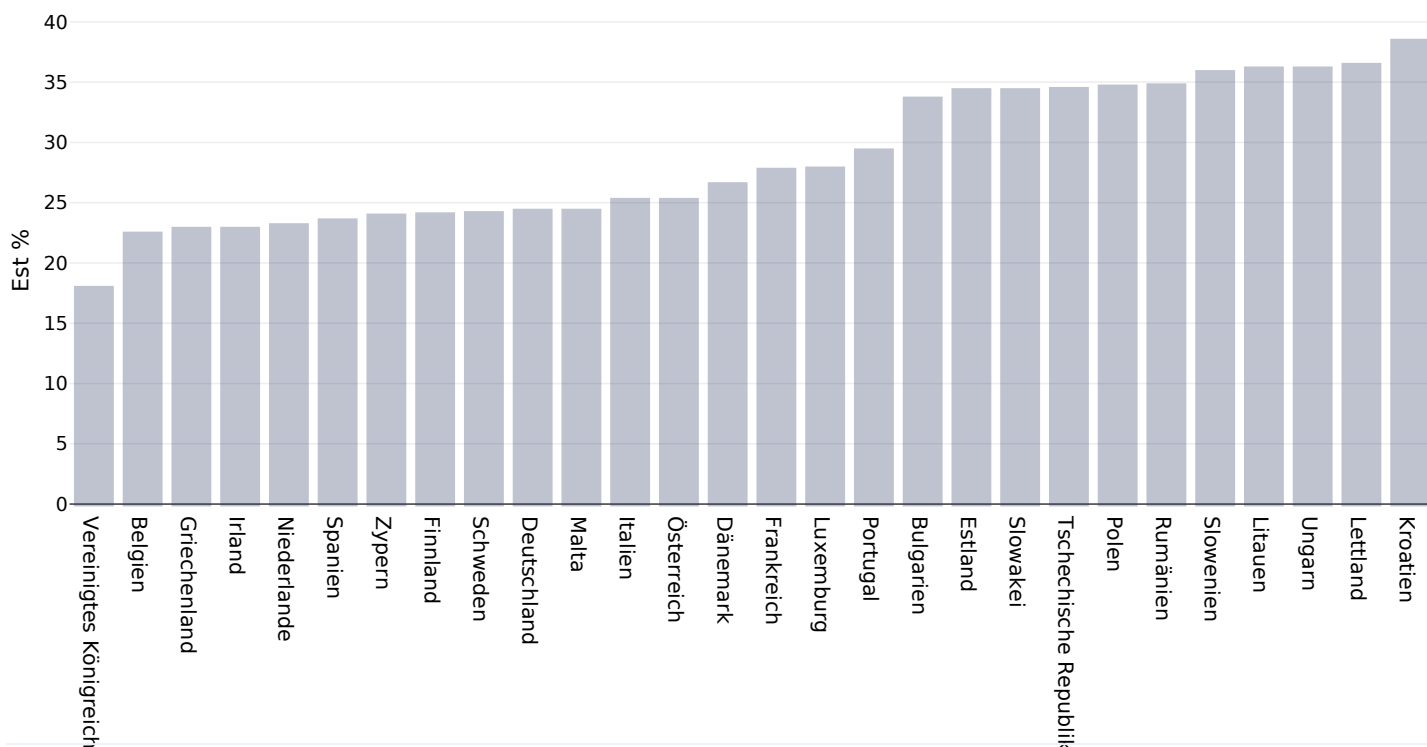
Referenzen:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitionen (nur in englischer Sprache verfügbar):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Männer, 2015



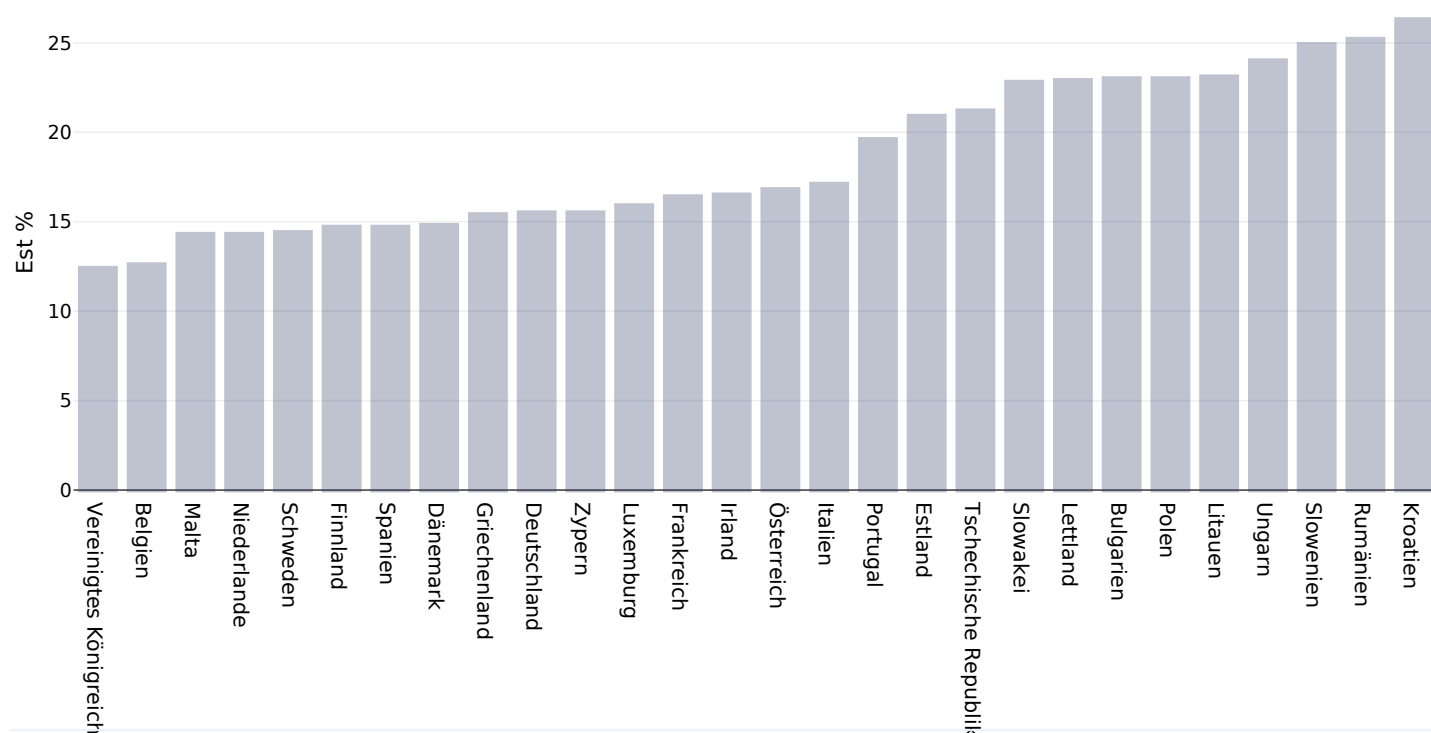
Referenzen:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitionen (nur in englischer Sprache verfügbar):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Frauen, 2015



Referenzen:

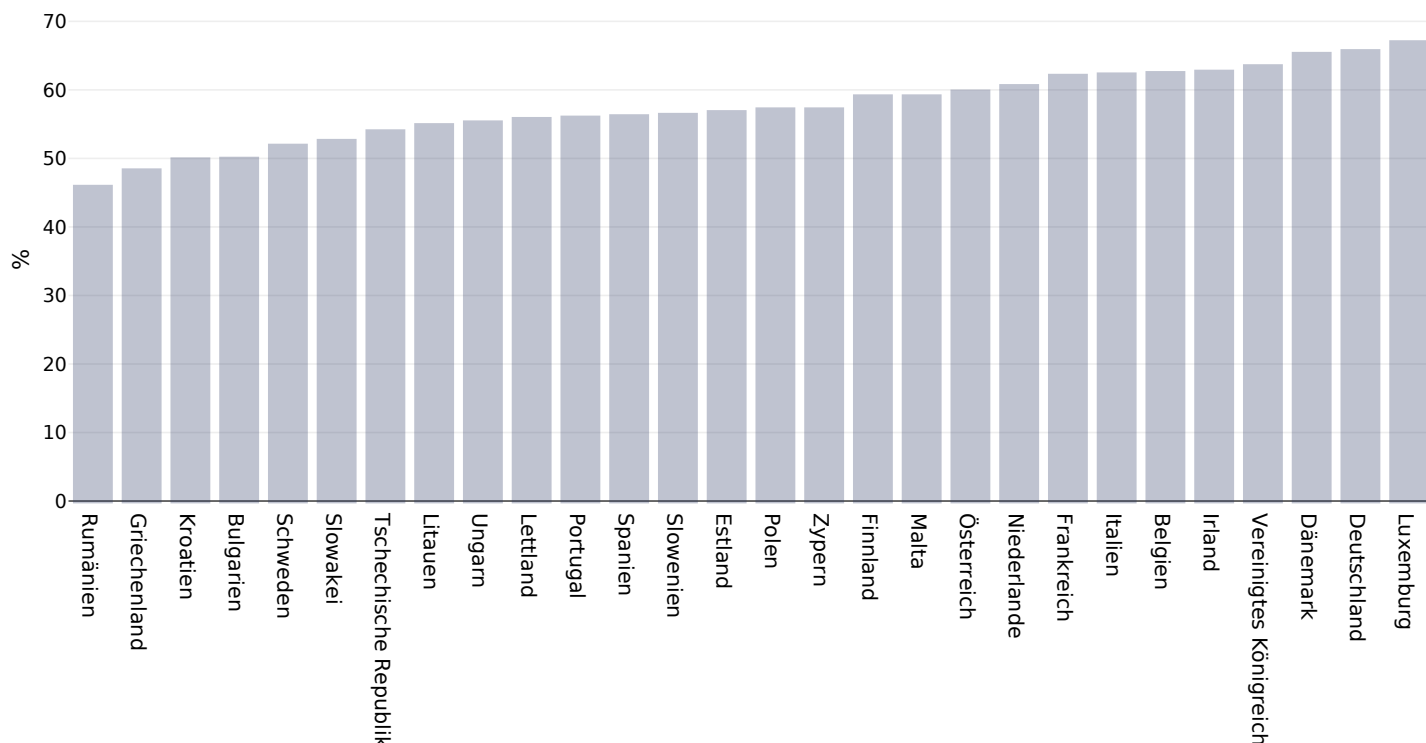
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitionen (nur in englischer Sprache verfügbar):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Erhöhtes Cholesterin

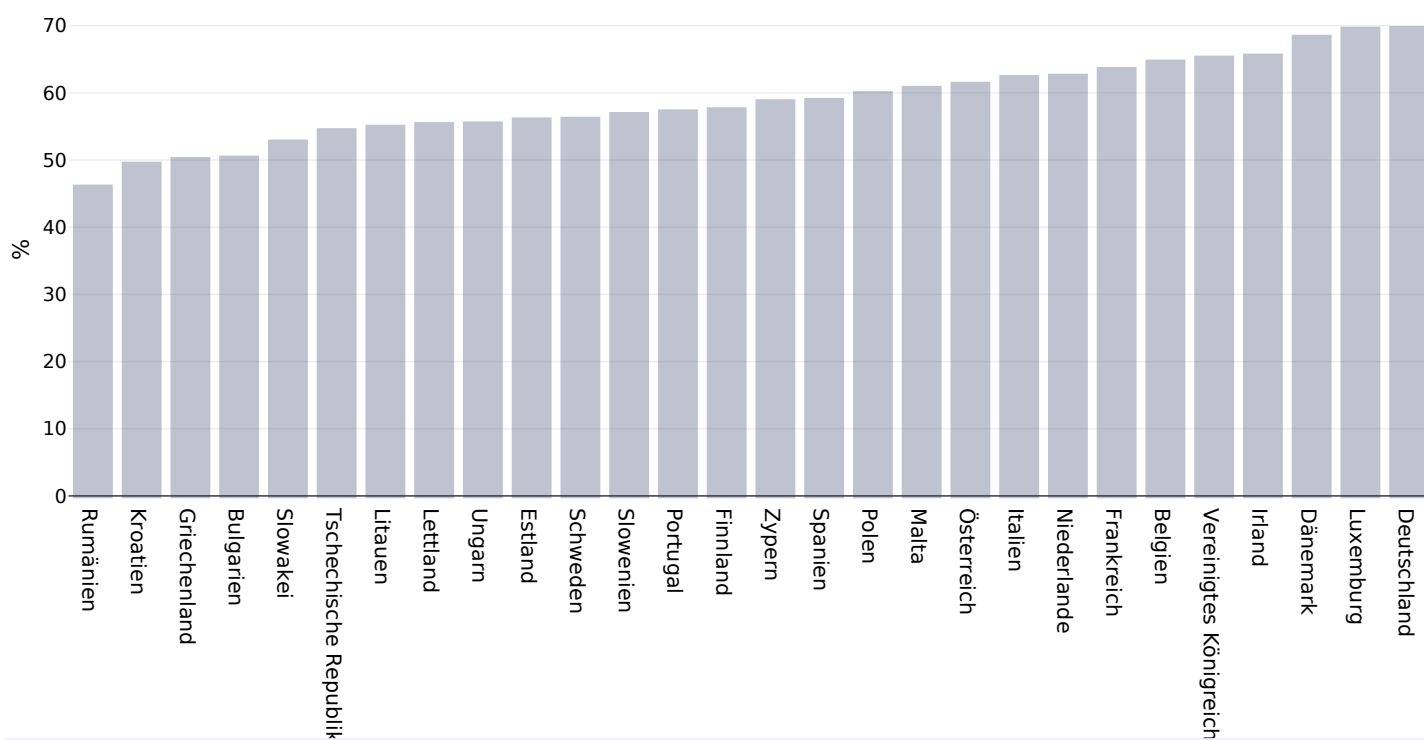
Erwachsene, 2008



Referenzen: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitionen (nur in englischer Sprache verfügbar): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

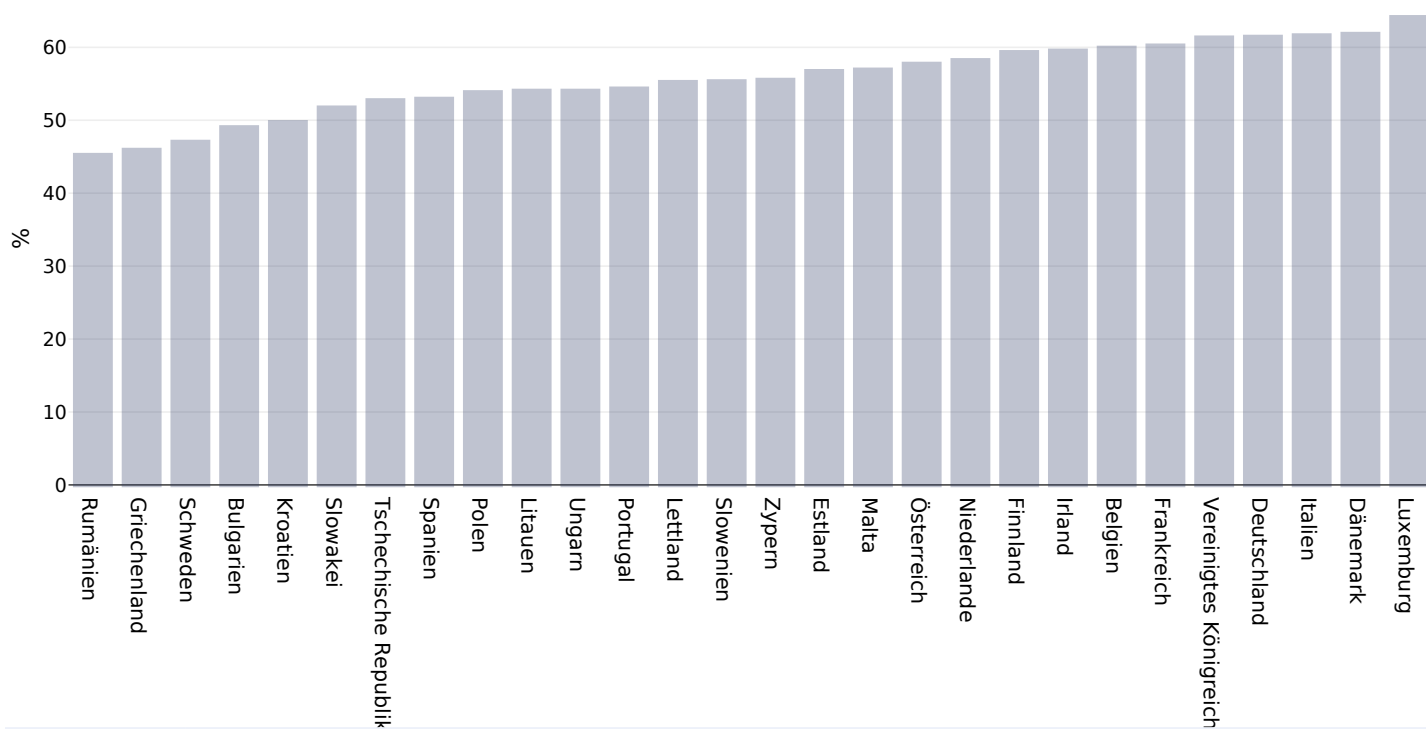
Männer, 2008



Referenzen: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitionen (nur in englischer Sprache verfügbar): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Frauen, 2008

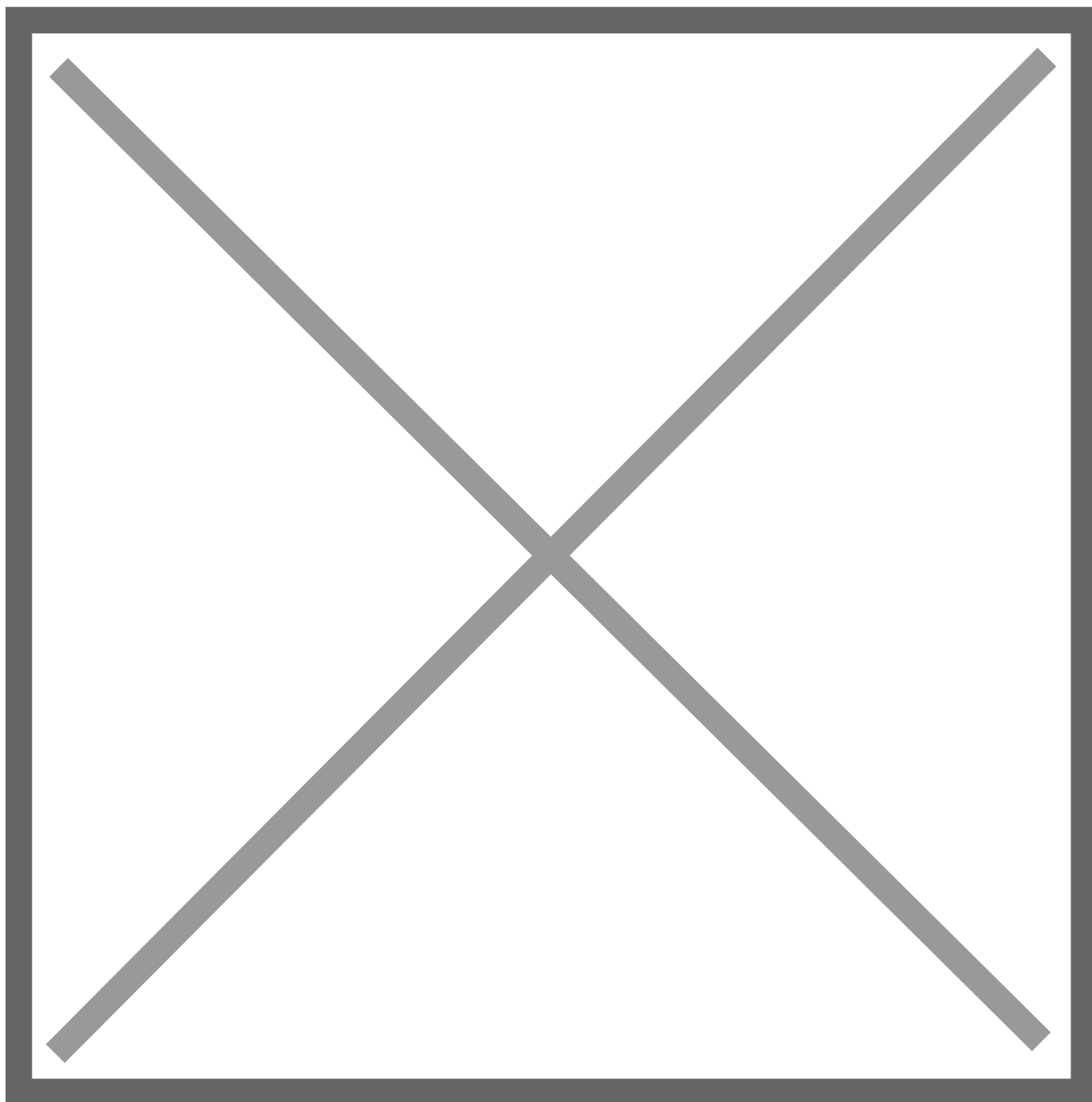


Referenzen: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitionen (nur in englischer Sprache verfügbar): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Erhöhter Nüchternblutzucker

Männer, 2014



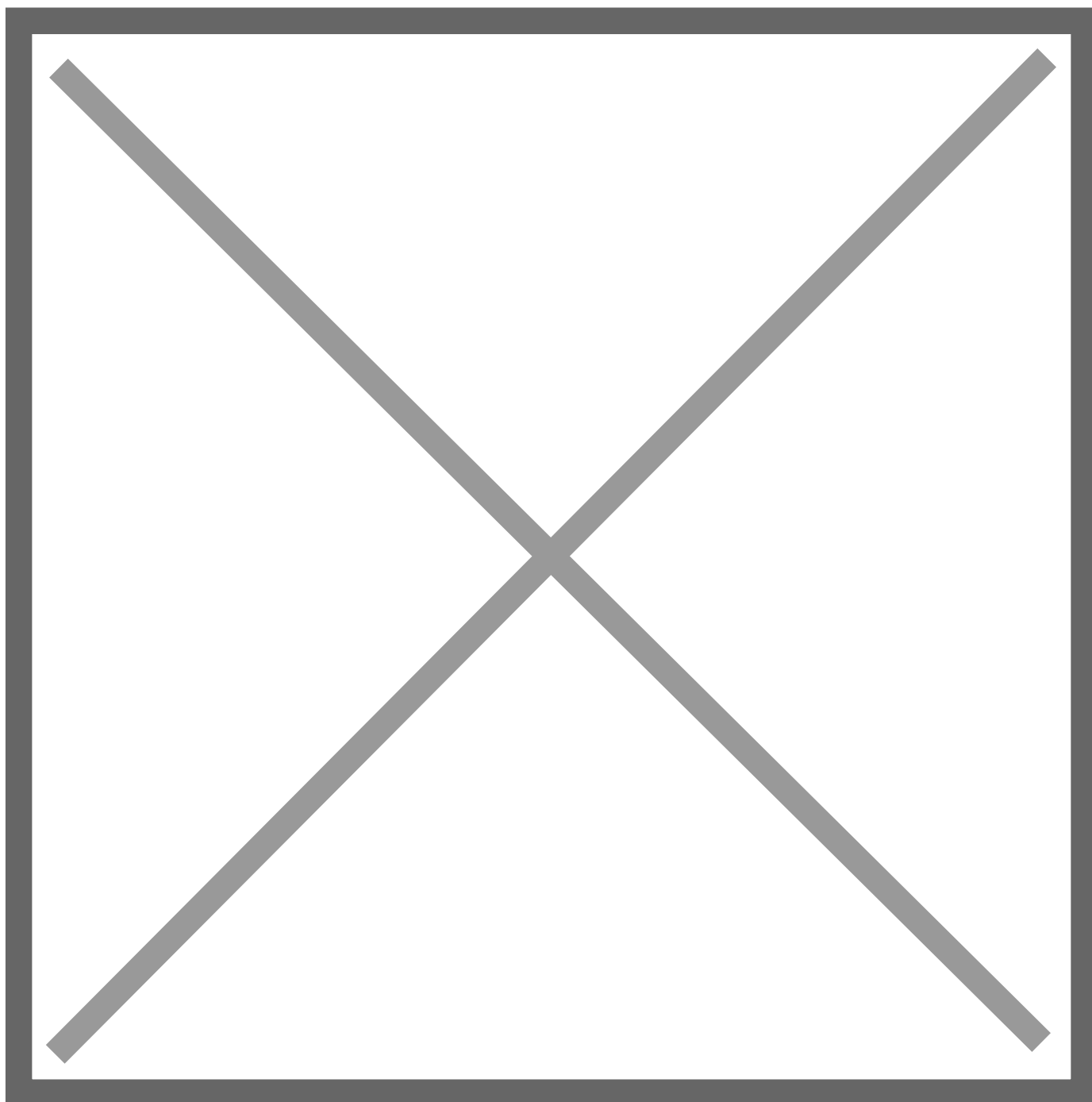
Referenzen:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitionen
(nur in
englischer
Sprache
verfügbar):

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Frauen, 2014



Referenzen:

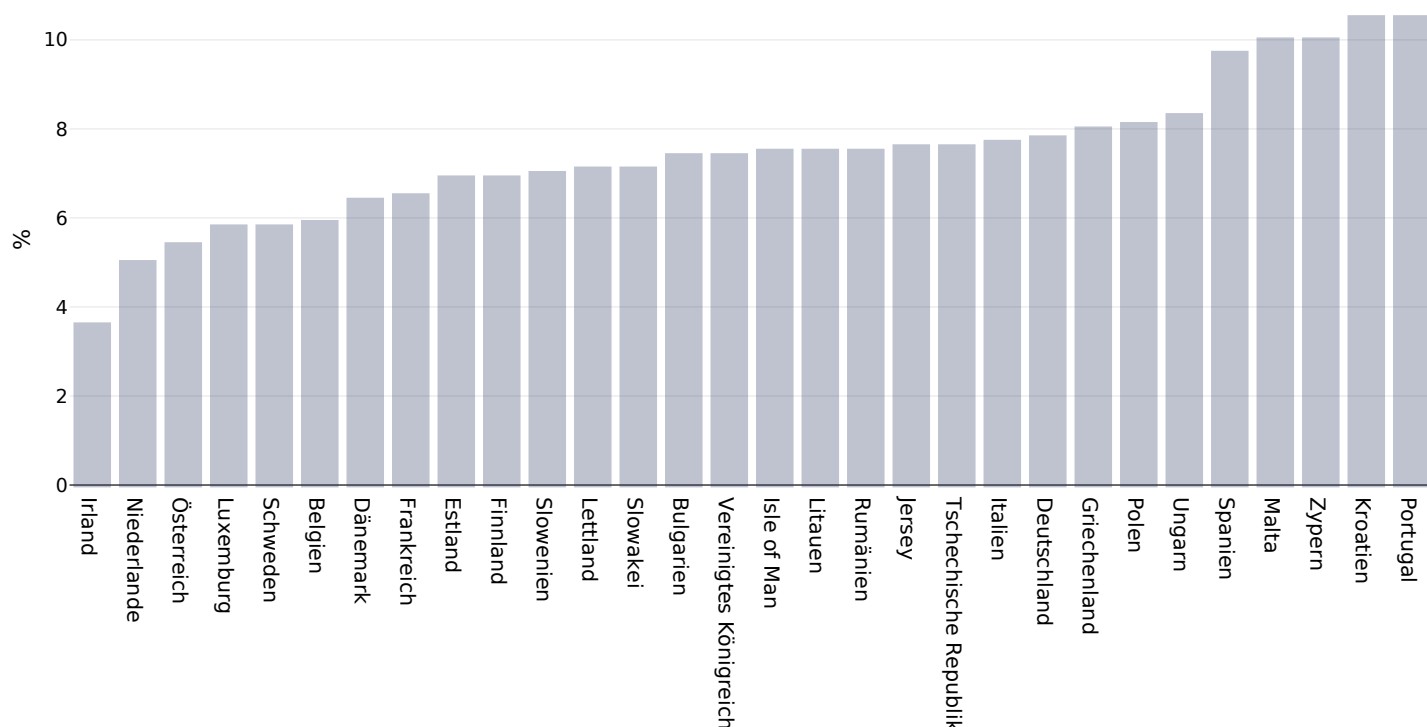
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitionen (nur in englischer Sprache verfügbar):

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes-Prävalenz

Erwachsene, 2024



Referenzen:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

PDF created on July 16, 2025